

My BSBF Brushing Chart

Name: _____

Week 1



Week 2




Decorate teeth!

Week 3



Week 4



Celebrate your progress!
You're on your way to becoming a
Smile Explorer!



How to use this chart



1

Brush in the morning,
then decorate one top tooth
with color or a sticker.



2

Brush at night,
then decorate one bottom
tooth with color or a sticker.



3

Complete all 7 teeth
to finish the week.



4

Complete one
character every week.



Scan to watch the BSBF
Brushing Challenge!



Bright Smiles, Bright Futures

My BSBF Brushing Chart



Interested in learning more about the BSBF
program or accessing additional resources?

Visit ColgateBSBF.com

©2026 Colgate-Palmolive Company.
All Rights Reserved. A Global Oral Health Program.

