







brushing motion

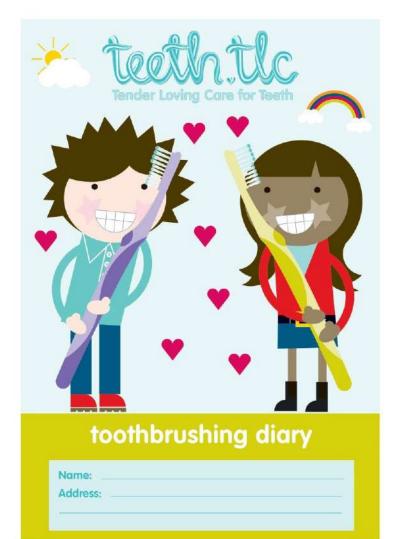






This is also available in other formats and languages.





toothbrushing diary

Tick the box each time you brush your teeth

in the morning before bedtime Monday Tuesday Wednesday **Thursday Friday** Saturday **Sunday**

