











	Week 1	Week 2	Week 3	Week 4	Week 5					
Monday										
Tuesday										
Wednesday										
Thursday										
Friday										
Saturday										
Sunday										

Don't  
rush  
when  
you  
brush!

Join the Denplan Preventers  
and keep track of your brushing  
using this helpful chart.

Simply print it out, stick it up somewhere safe,  
then tick the square after you brush your teeth  
every morning and before you go to bed.  
Don't forget to colour in the Preventers as you go!

