

# Brush Story Sleep



## Night-time Brush Chart

Use this 21-nightly brush chart to track your progress!

**77%**  
of your friends  
always brush their  
teeth at night.

Have you brushed  
yours tonight?



### WEEK ONE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

PARENT OR  
GUARDIAN

ME

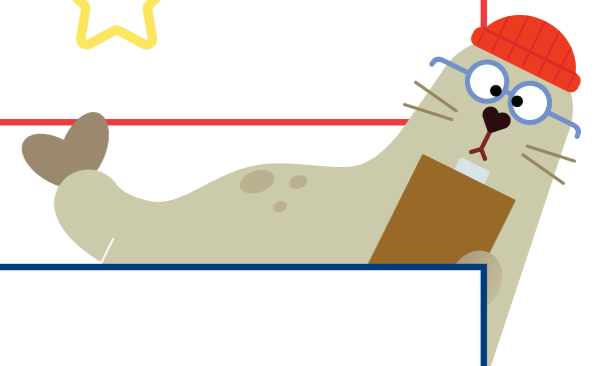


### WEEK TWO

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

PARENT OR  
GUARDIAN

ME



### WEEK THREE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

PARENT OR  
GUARDIAN

ME

