















STARSMILEZ[®] BRUSHING CHART

















Don't forget to brush
your teeth for 2-3
minutes every time so
you can keep your
smile bright!

Use this chart to
keep track of your
brushing habits!
Cross off a sun or
moon each time you
brush your teeth in
the morning or at
night!

WEEK 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DAY 	DAY 	DAY 	DAY 	DAY 	DAY 	DAY 
 NIGHT	 NIGHT	 NIGHT	 NIGHT	 NIGHT	 NIGHT	 NIGHT

WEEK 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DAY 	DAY 	DAY 	DAY 	DAY 	DAY 	DAY 
 NIGHT	 NIGHT	 NIGHT	 NIGHT	 NIGHT	 NIGHT	 NIGHT

Go to www.StarSmilez.com to download more
brushing charts and other fun activities