

































BRUSH-IT!

Track your brushing habits! Brush your teeth for at least 2 minutes twice a day and floss for 30 days! Color a square at the end of the day to keep track.



Brush-It.org

Tooth decay is the #1 chronic disease among children and it is 100% preventable. Why not start the lifelong habit of brushing and flossing your teeth right now? Here's how:



Brush-It!

- Each day (for 30 days) brush your teeth at least two times for at least two minutes and then floss.



Track-It!

- For each day you Brush-It! be sure to color in a tooth on this Track-It sheet. See if you can fill in all 30 teeth!
- Return your Track-It sheet to your teacher after 30 days.



Reward-It!

- All students who complete the Brush-It! program will receive a prize and become Brush-it! Royalty!
- The first grade class with the most Track-It sheets turned in will receive the grand prize... a Pizza Party at school!

Follow and share on social #CavityFreeND

Brush-It.org