



By North Dakota Dental Foundation



30 DAY TOOTHBRUSH CHALLENGE

**CHALLENGE THE WHOLE
FAMILY!**

**TAKE THE 30 DAY
TOOTHBRUSH CHALLENGE
WITH THE NORTH DAKOTA
DENTAL FOUNDATION AND
START CREATING HEALTHY
HABITS AS A FAMILY!**

*CHALLENGE
complete?*

**TAKE A FAMILY SELFIE
WITH THOSE PEARLY
WHITES AND TAG
@NDDENTALFOUNDATION
#CAVITYFREEND FOR
YOUR CHANCE TO WIN
PRIZES!**



**NORTH DAKOTA
Dental Foundation**



BRUSH Chart



**COLOR EACH TOOTH FOR EVERY DAY YOU BRUSH
YOUR TEETH AT LEAST 2 TIMES FOR 2 MINUTES.**

SUN	MON	TUE	WED	THU	FRI	SAT

WWW.NDDENTAL.ORG