

Colgate

Smiles

MY TOOTHBRUSH CHART

Brush your Teeth for 2 minutes twice a day!

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	Draw a smiley face for brushing twice.		Draw a sad face for not brushing at all.	

ages 6+

ages 2-6

ages 0-2



FOR A HEALTHY SMILE AT EVERY AGE!