



# BRUSHING CHART

WEEK 1

AM	AM	AM	AM	AM	AM	AM
PM	PM	PM	PM	PM	PM	PM



WEEK 2

AM	AM	AM	AM	AM	AM	AM
PM	PM	PM	PM	PM	PM	PM

WEEK 3

AM	AM	AM	AM	AM	AM	AM
PM	PM	PM	PM	PM	PM	PM

WEEK 4

AM	AM	AM	AM	AM	AM	AM
PM	PM	PM	PM	PM	PM	PM



## KEEP IT UP!

