Keeping your teeth clean is as easy as 1-2-3:

1. Floss once a day.
2. Brush your teeth in the morning for 2 minutes.
3. Brush your teeth again before you go to bed!

Color in a tooth for every day you do your 1-2-3's.

At the end of the week, if you have cleaned your teeth every day, fill-in the dots on Ellie's trunk.

Fill up my whole trunk to help keep your teeth strong and clean like mine!

WEEK 1
WEEK 2
WEEK 3
WEEK 4
WEEK 5

NAME: ____________________________