MY TOOTHPBRUSHING CHART

HELLO, 

CHILD’S NAME

WELCOME TO THE TOOTHPBRUSHING CHALLENGE

BRUSH TWICE DAILY, ALWAYS BEFORE BED AND ON ONE OTHER OCCASION

HELLO, I’M DR. RABBIT

START HERE

DAY 1

DAY 2

DAY 3

DAY 4

DAY 5

DAY 6

DAY 7

DAY 8

DAY 9

DAY 10

DAY 11

DAY 12

DAY 13

DAY 14

DAY 15

DAY 16

DAY 17

DAY 18

DAY 19

DAY 20

DAY 21

DAY 22

DAY 23

DAY 24

DAY 25

DAY 26

DAY 27

DAY 28

YOU DID IT!

AFTER FOUR WEEKS
YOU WILL HAVE
SUCCEEDED IN MAKING
IT A DAILY ROUTINE

INVITE OTHER
MEMBERS OF
YOUR FAMILY
TO BRUSH
WITH YOU

www.colgate.co.uk

TICK A BOX
EACH TIME
YOU BRUSH
YOUR TEETH
97% of dentists see at least one child every day with cavities caused by a high-sugar diet.*

Raw vegetables are the top tooth-kind snack recommended by dentists.*

Help Tom the Tooth find his way to Colgate's Maximum Cavity Protection plus Sugar Acid Neutraliser™ toothpaste before he gets a cavity!

Watch out for the sugars that could attack him on his journey.

DID YOU KNOW? Raw vegetables are the top tooth-kind snack recommended by dentists*

Join the dots
Follow the numbers and join the dots to reveal two best friends.

* Results from The Colgate Cavity Report, 2014

YUM!