

Oral Health Report Card



My name is _____

The date is _____

My OH Grade: _____



Each day, give yourself a smiley face ... if you brush twice ...
and another if you snack healthily on foods that are low in sugar

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	 	 	 	 	 	 	 
Week 1							

This week I brushed my teeth _____ times!

This week my favourite snack was _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	 	 	 	 	 	 	 
Week 1							




This week I brushed my teeth _____ times!

This week my favourite snack was _____

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Uniting to stop cavities,
fighting for a healthier future.

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