

# My Mindful Brushing Chart



Each morning and evening mindfully clean your teeth, then tick the box.

Can you tick every box?

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Brushing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Evening Brushing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Dentist's recommend that we clean our teeth for 2 minutes twice a day. Cleaning our teeth gives us 2 minutes for a simple mindfulness practice.

