

# WEEKLY DENTAL HYGIENE TRACKER

| DAILY ROUTINE         | M | T | W | T | F | S | S |
|-----------------------|---|---|---|---|---|---|---|
| Morning Brush (2 min) |   |   |   |   |   |   |   |
| Floss (Once Daily)    |   |   |   |   |   |   |   |
| Tongue Scraping       |   |   |   |   |   |   |   |
| Mouthwash             |   |   |   |   |   |   |   |
| Evening Brush (2 min) |   |   |   |   |   |   |   |

WEEKLY GOALS / REPLACEMENTS  
SYMPTOMS / OBSERVATIONS