

DENTAL HYGIENE TRACKER

Month:

Goals:

DAILY HABIT	M	T	W	T	F	S	S	TOTAL
Morning Brush 2 Minutes								
Evening Brush 2 Minutes								
Floss Once Daily								
Tongue Scraper Morning								
Mouthwash Alcohol Free								
No Sugar Snacks Dietary Control								

Weekly Progress & Observations:

Recommended: Replace toothbrush every 3 months. Visit dentist twice a year.