

# Weekly Dental Care Tracker

Name: \_\_\_\_\_ Week Starting: \_\_\_\_\_

**DAY OF  
WEEK**

**MORNING**

**EVENING**

**FLOSS**

**Monday**

Brushed

Brushed

Done

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

**Sunday**

**WEEKLY GOALS & NOTES:**