

Use the calendar to make sure that you brush twice a day and floss once, as well as gargle with mouthwash! Every day, put a check mark in the box as you take care of your teeth!



WEEK 1

<input type="checkbox"/> Brush Teeth	<input type="checkbox"/> Brush Teeth	<input type="checkbox"/> Brush Teeth	<input type="checkbox"/> Brush Teeth	<input type="checkbox"/> Brush Teeth	<input type="checkbox"/> Brush Teeth	<input type="checkbox"/> Brush Teeth
<input type="checkbox"/> Floss	<input type="checkbox"/> Floss	<input type="checkbox"/> Floss	<input type="checkbox"/> Floss	<input type="checkbox"/> Floss	<input type="checkbox"/> Floss	<input type="checkbox"/> Floss
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WEEK 2

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WEEK 3

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WEEK 4

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WEEK 5

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USA EL CALENDARIO PARA ASEGURARTE DE QUE TE CEPILLAS DOS VECES AL DÍA, USAS EL HILO DENTAL UNA VEZ Y HACES GÁRGARAS CON ENJUAGUE BUCAL. MARCA TODOS LOS DÍAS LA CASILLA CORRESPONDIENTE, DESPUÉS DE CUIDARTE LOS DIENTES.



SEMANA 1

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SEMANA 2

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SEMANA 3

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SEMANA 5

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