

# Brush Story Sleep



## Night-time Brush Chart

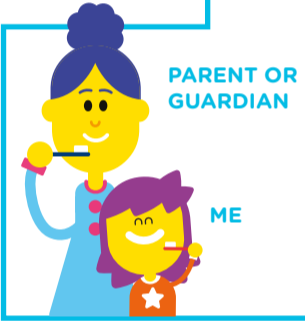
Use this 21-nightly brush chart to track your progress!

**77%**  
of your friends  
always brush their  
teeth at night.

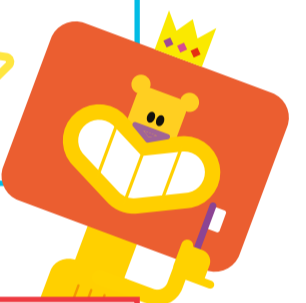


### WEEK ONE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

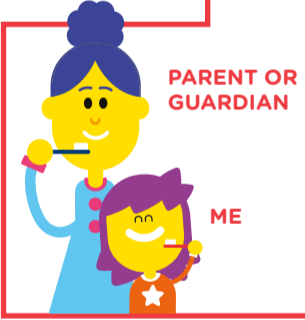


PARENT OR GUARDIAN	★	★	★	★	★	★	★
ME	★	★	★	★	★	★	★

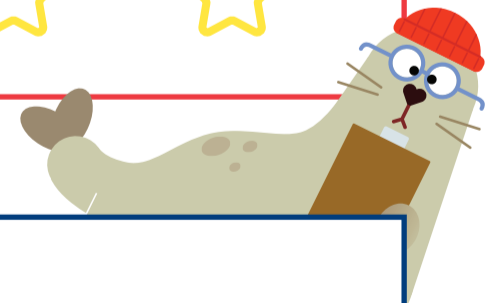


### WEEK TWO

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

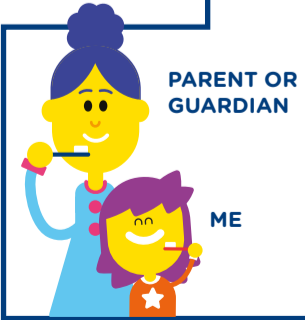


PARENT OR GUARDIAN	★	★	★	★	★	★	★
ME	★	★	★	★	★	★	★



### WEEK THREE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY



PARENT OR GUARDIAN	★	★	★	★	★	★	★
ME	★	★	★	★	★	★	★