

THE PEPSODENT BRUSH DAY & NIGHT CALENDAR

Kids, you have the chance to become a **SUPER-DENTIST** like me...



Step 1: Hang this calendar in your bathroom.
Step 2: Stick on a Happy Sticker or colour the box in each time you brush day and night with Pepsodent toothpaste.
Step 3: Keep this up for 21 days to build the habit of brushing day and night!

...yes, just follow these fun steps!



WEEK ONE

YOU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---------|-----------|----------|--------|----------|--------|
| Turn the sun's frown uMOP aPISdn Brush in the morning and put a sticker here. | | | | | | |
| Turn the moon's frown uMOP aPISdn Brush at night and put a sticker here. | | | | | | |

YOUR PARENTS

| | | | | | | |
|---|--|--|--|--|--|--|
| Turn the sun's frown uMOP aPISdn Brush in the morning and put a sticker here. | | | | | | |
| Turn the moon's frown uMOP aPISdn Brush at night and put a sticker here. | | | | | | |

You are now at **WEEK TWO!** You're doing great, keep going!



WEEK TWO

YOU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------|-----------|----------|--------|----------|--------|
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| | | | | | | |

YOUR PARENTS

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WEEK THREE

YOU

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--------|---------|-----------|----------|--------|----------|--------|
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YOUR PARENTS

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You have only **WEEK THREE** left to go! You're almost there!

