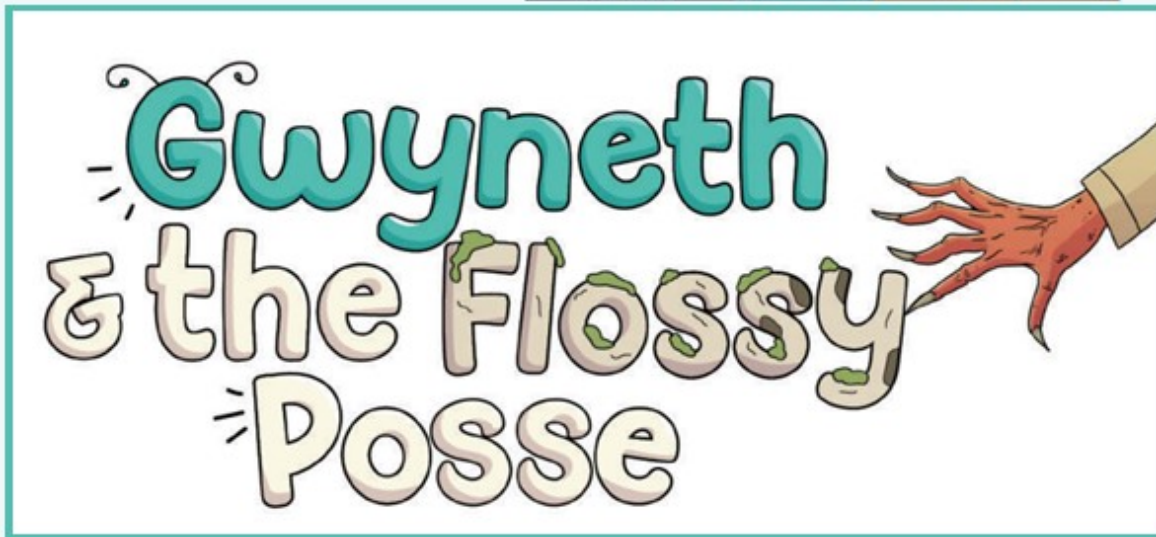


YOUR DAILY BRUSHING & FLOSSING CHART

Polish off Plaque Man with the Flossy Posse

Another great learning
resource with. . .



#ToothFairyEconomics

#PolishingOffPlaqueMan

Get your copy of the picture book

GWYNETH & THE FLOSSY POSSE

[HERE](#) or <https://a.co/e3bzdKa>





Cavity Investigation & Abatement (CIA)

Your Mission



Use dental and mental derring-do to polish off Plaque Man.

Report any gunky activity to top level CIA Agents like a caregiver or dentist.

Brush & Floss 2-3x each day (after meals). Record your Rinse & Spit tactics here.

Mark a triangle in one box each time you brush. Mark the 2nd triangle each time you floss.

/	sunday	monday	tuesday	wednesday	thursday	friday	saturday
AM							
MID							
PM							
/	sunday	monday	tuesday	wednesday	thursday	friday	saturday
AM							
MID							
PM							
/	sunday	monday	tuesday	wednesday	thursday	friday	saturday
AM							
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/	sunday	monday	tuesday	wednesday	thursday	friday	saturday
AM							
MID							
PM							
/	sunday	monday	tuesday	wednesday	thursday	friday	saturday
AM							
MID							
PM							

floss & toss Plaque Man



Slide the floss in a C-shape up and down a few times between each tooth.



Use small circles to brush the front & back of teeth.



Brush back & forth on your molars or chewing surfaces.