

The Game of Healthy Choices

Instructions:

- Roll a die and move forward that many spaces.
- If you land on a healthy choice, move forward 1 space.
- If you land on an unhealthy choice, move back 1 space.






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Brushing and Flossing Chart

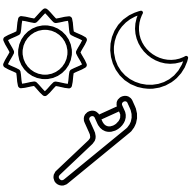
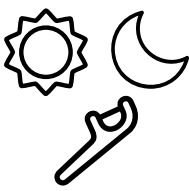
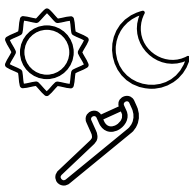
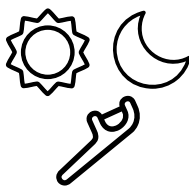
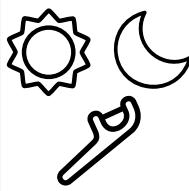
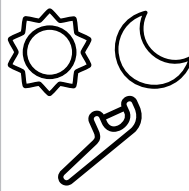
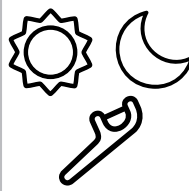
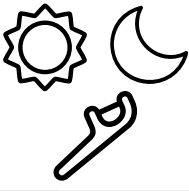
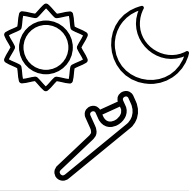
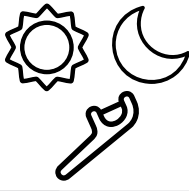
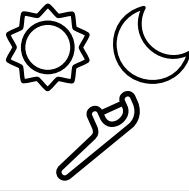
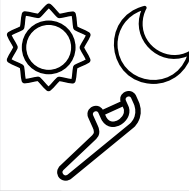
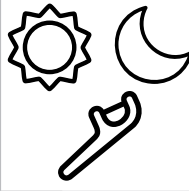
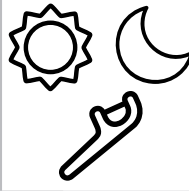
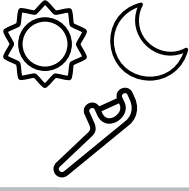
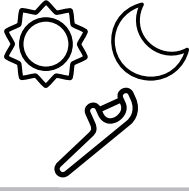
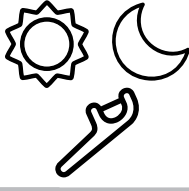
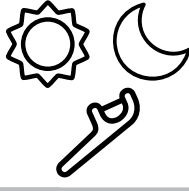
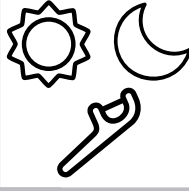
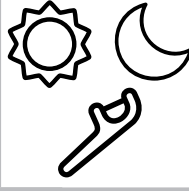
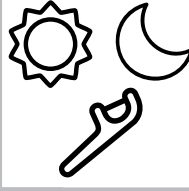
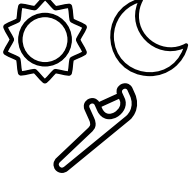
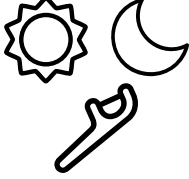
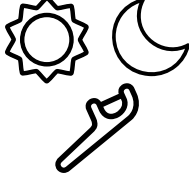
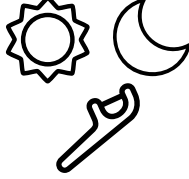
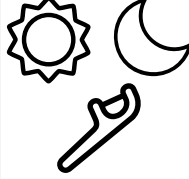
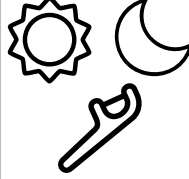
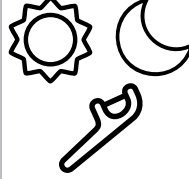
Use this chart to keep track of your healthy teeth habits.

- Color each  when you brush in the morning.
- Color each  when you brush before bed.
- Color each  when you floss before bed.



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Name _____ Month _____

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
						
						
						

Brush 2x a day
for 2 minutes!



Floss 1x a day!



Use fluoride toothpaste!



You only need a pea-sized amount
of toothpaste to clean your teeth.