



Superhero Brush Challenge Chart

A Fun and Engaging Way to Track Your Child's Brushing Habits

Superhero Brush Challenge Chart

Help your child become a brushing superhero! Use this fun challenge chart to track their progress.

Day	AM Brushing	PM Brushing	Checkmark/Sticker
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			

Brushing Checklist

- Brush for 2 minutes
- Use a pea-sized amount of toothpaste
- Don't forget to floss!
- Rinse and spit after brushing
- Smile in the mirror to admire your clean teeth!

Rewards Tracker

Small rewards can make a big difference! Use this space to list milestones and rewards:

Milestone	Reward
7 Days of Consistent Brushing	Extra bedtime story
14 Days of Consistent Brushing	Small toy or sticker set
21 Days of Consistent Brushing	Super Smile Badge!