PHILOMATHIA

ROUTINE CHART

Brushing teeth

Every part of brushing, with two whole minutes in the middle.

MY NAME _____

1. A pea of toothpaste ◯
2.  Brush, brush, brush ◯
3. Spit and rinse ◯
4.  Wipe my mouth ◯

Tick each step when it's done. Skipping one is fine.