



7-Day Super Smiles Challenge!

Complete the challenge every day
and become a **Dental Health Hero!**



To become a Dental Health Hero, you must complete these 5 tasks
daily for at least 7 days!

For every task you complete, mark it with a ✓ tick!

DAILY SMILE MISSION CHART

Task	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Brush in the morning							
Brush at night							
Floss once a day (anytime works!)							
Swish or rinse your mouth after every snack							
Eat a tooth-friendly treat every day							

Remember:

All Dental Health Heroes must visit their dentist at least twice a year!

Every small step keeps your smile strong and happy!

Recommended by your dentist as part of
National Children’s Dental Health Month.