

Flossuary

28
DAY
challenge

clean between
YOUR
TEETH
THIS FEBRUARY

Keep this chart in a place where you will see it everyday to act as a reminder (e.g. by the bathroom mirror).

Cross off each day to mark your progress.

REDUCE YOUR
RISK OF **TOOTH**
LOSS, DIABETES,
HEART DISEASE
AND STROKE

.....
YOU CAN VIEW OUR
INSTRUCTION VIDEOS ON
WHAT TO USE AND HOW
AT [FLOSSUARY.COM](http://flossuary.com)
.....

Find out more at
flossuary.com

1	2	3  <i>keep going!</i>	4
5	6	7	8
9	10	11	12
13	14  <i>half way!</i>	15	16
17	18	19	20
21	22	23	24
25	26	27	28  <i>High five!</i>
YOU DID IT!			