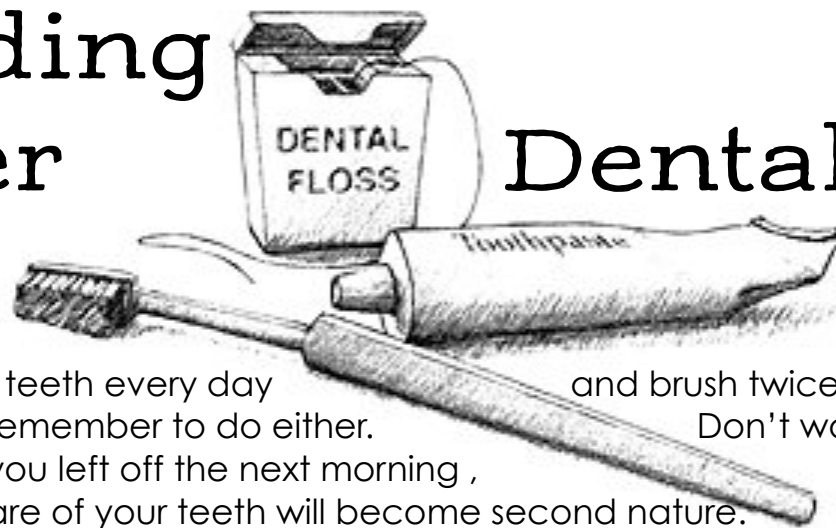


# Building Better



# Dental Health Habits

Goal: Floss your teeth every day  
everytime you remember to do either.  
pick up where you left off the next morning ,  
taking better care of your teeth will become second nature.

and brush twice a day. Mark one square  
Don't worry if you miss a day, just  
knowing that over time,

B	B	F	B	B	F	B	B	F	B	B	F	B	B	F	B	B	F
B	B	F	B	B	F	B	B	F	B	B	F	B	B	F	B	B	F
B	B	F	B	B	F	B	B	F	B	B	F	B	B	F	B	B	F
B	B	F	B	B	F	B	B	F	B	B	F	B	B	F	B	B	F