



Grinners are winners.

Use this weekly checklist to help remind you to keep your teeth clean and healthy!



Floss

Brush

Smile

Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



Sunday



Delta Dental of Idaho believes your smile is more important than you know! When your teeth and mouth are healthy, they help the rest of you stay healthy! Brush and floss your teeth every day. You'll feel good, you'll smile more and you will build healthy habits for the rest of your life! **Learn more at deltadentalid.com.**