


2x2+20 

Brush 2 minutes, 2 times a day + Read 20 minutes a day =
EASY MATH FOR A HEALTHY BODY AND MIND!



MY BRUSHING AND READING CHART

Name: _____

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Brushing	AM							
	PM							
Reading	20 minutes							
Brushing	AM							
	PM							
Reading	20 minutes							
Brushing	AM							
	PM							
Reading	20 minutes							
Brushing	AM							
	PM							
Reading	20 minutes							
Brushing	AM							
	PM							
Reading	20 minutes							