ਮੇਰਾ ਬ੍ਰਸ਼ਿਗ ਚਾਰਟ

	Week 1		Week 2		Week 3		Week 4	
	Morning	Night	Morning	Night	Morning	Night	Morning	Night
Monday	☐	☐	☐	☐	☐	☐	☐	☐
Tuesday	☐	☐	☐	☐	☐	☐	☐	☐
Wednesday	☐	☐	☐	☐	☐	☐	☐	☐
Thursday	☐	☐	☐	☐	☐	☐	☐	☐
Friday	☐	☐	☐	☐	☐	☐	☐	☐
Saturday	☐	☐	☐	☐	☐	☐	☐	☐
Sunday	☐	☐	☐	☐	☐	☐	☐	☐

MY BRUSHING CHART

	Week 1		Week 2		Week 3		Week 4	
	Morning	Night	Morning	Night	Morning	Night	Morning	Night
Monday	☐	☐	☐	☐	☐	☐	☐	☐
Tuesday	☐	☐	☐	☐	☐	☐	☐	☐
Wednesday	☐	☐	☐	☐	☐	☐	☐	☐
Thursday	☐	☐	☐	☐	☐	☐	☐	☐
Friday	☐	☐	☐	☐	☐	☐	☐	☐
Saturday	☐	☐	☐	☐	☐	☐	☐	☐
Sunday	☐	☐	☐	☐	☐	☐	☐	☐