

**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 |        |         |           |          |        |          |        |