My daily checklist
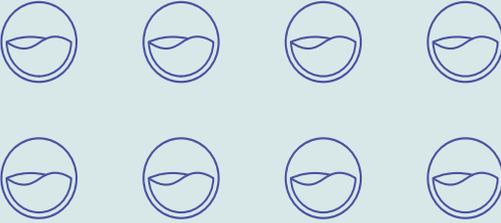
- Wake up early
- Have a healthy breakfast
- Brush with fluoride toothpaste
- Clean in between teeth
- Drink water after eating
- Exercise for 30 minutes
- Check in with friends
- Have a healthy lunch
- Do something to de-stress
- Have less caffiene
- Cut down on alcohol
- Chew sugar free gum
- Do something fun
- Check in with family/partner
- Cut down on snacking/grazing
- Brush teeth before bed
- Get a full night of sleep

Water tracker

Smile Month goals

- Brush teeth twice a day
- Cut down on sugary foods and drinks
- Visit the dentist regularly
- Look after my oral health

Mood tracker

How am I feeling today?

Notes

Healthy Smiles Checklist

Follow these simple steps during National Smile Month and make healthy changes to your lifestyle.

National Smile Month
Oral Health Foundation