


# Super Smile Challenge

It is important to keep your mouth and teeth clean to prevent diseases. At the end of each day, add check marks or stickers for completing each task. Draw a smiley face above the days you complete all three.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Brush your teeth 2 times							
Floss your teeth 1 time							
Avoided sugary foods/drinks							

### Reflection Questions:

1. How many days were you able to complete all the tasks?
2. How did your mouth and teeth feel on the days you completed all the tasks?
3. How many days did you forget to brush your teeth two times?
4. How can you remind yourself to brush your teeth two times per day?
5. If you forgot to do one of these tasks, did your mouth feel different the next day? How so?

# Fun Facts!

- The average American spends 38.5 total days brushing their teeth over a lifetime!
- People who drink 3 or more classes of soda each day have 62% more tooth decay, fillings, and tooth loss than others.
- If you don't floss, you miss cleaning 40% of your tooth surfaces. Make sure you brush and floss twice a day!
- The human mouth contains more bacteria than there are people on Earth.
- The tooth is the only part of the body that can't heal itself.
- Flossing can extend your life expectancy up to 6 years because it reduces the chances of infectious diseases and can prevent heart attacks.