


Don't **RUSH** your **BRUSH**













































JOIN THE 2-MINUTE BRUSHING CHALLENGE!

Brushing for two minutes, two times a day is best for keeping your smile healthy – but are you hitting the two-minute mark every single time? Odds are, the answer is no. We challenge you to brush for the full two minutes for 21 days straight! [Go to happy-dentistry.com/challenge](http://happy-dentistry.com/challenge) to sign up! Turn this sheet in to our office or post a picture of your tracking sheet to our Facebook page by Feb. 28th for a chance to win! Watch our Facebook page for more opportunities to earn points!

WIN A \$100 AMAZON SHOPPING SPREE!

Kids can win, too! We're having a separate drawing for kids who participate in the challenge! [Kids will get entered to win a \\$50 Walmart shopping spree!](#)

Name: _____

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
 	 	 	 	 	 	 
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
 	 	 	 	 	 	 
Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
 	 	 	 	 	 	 

 Morning  Evening

EARN MORE POINTS FOR A GREATER CHANCE TO WIN!

Get 1 Entry for Every 5 Points You Earn!

- 25 pts Complete the Challenge!*
- 10 pts Refer a friend to our office*
- 5 pts Sign up for the challenge at happy-dentistry.com/challenge*
- 1 pt Each time you brush for 2 full minutes*
- 1 pt Post & tag us on social media! (up to 10 pts)*

dental
excellence

