



Brushing chart

Week beginning _____

Monday		Right	Central	Left
morning	upper			
	lower			
evening	upper			
	lower			

Tuesday		Right	Central	Left
morning	upper			
	lower			
evening	upper			
	lower			

Wednesday		Right	Central	Left
morning	upper			
	lower			
evening	upper			
	lower			

Thursday		Right	Central	Left
morning	upper			
	lower			
evening	upper			
	lower			

Friday		Right	Central	Left
morning	upper			
	lower			
evening	upper			
	lower			

Saturday		Right	Central	Left
morning	upper			
	lower			
evening	upper			
	lower			

Sunday		Right	Central	Left
morning	upper			
	lower			
evening	upper			
	lower			