

# MY 2017 RESOLUTIONS



## THIS YEAR I WILL...

BRUSH TWICE A DAY

FLOSS EVERY DAY

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SCHEDULE 2 DENTAL  
CLEANING AND EXAM  
APPOINTMENTS:

DATE #1: \_\_\_\_\_

DATE #2: \_\_\_\_\_

EACH MONTH I COMPLETE, I WILL GIVE MYSELF AS A TREAT:

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