


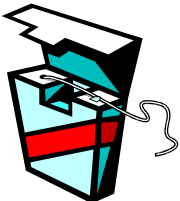



# Oral Health Month Challenge Calendar

Name: \_\_\_\_\_ Address: \_\_\_\_\_ Phone Number: \_\_\_\_\_

 <b>GOOD LUCK</b>	<b>Brushed Teeth in AM</b>		<b>Brushed teeth in PM</b>		<b>Flossed teeth</b>		<b>Ate foods from all 4 food groups</b>	
								
<b>Monday</b>	Week 1	Week 2	Week 1	Week 2	Week 1	Week 2	Week 1	Week 2
	Week 3	Week 4	Week 3	Week 4	Week 3	Week 4	Week 3	Week 4
<b>Tuesday</b>	Week 1	Week 2	Week 1	Week 2	Week 1	Week 2	Week 1	Week 2
	Week 3	Week 4	Week 3	Week 4	Week 3	Week 4	Week 3	Week 4
<b>Wednesday</b>	Week 1	Week 2	Week 1	Week 2	Week 1	Week 2	Week 1	Week 2
	Week 3	Week 4	Week 3	Week 4	Week 3	Week 4	Week 3	Week 4
<b>Thursday</b>	Week 1	Week 2	Week 1	Week 2	Week 1	Week 2	Week 1	Week 2
	Week 3	Week 4	Week 3	Week 4	Week 3	Week 4	Week 3	Week 4
<b>Friday</b>	Week 1	Week 2	Week 1	Week 2	Week 1	Week 2	Week 1	Week 2
	Week 3	Week 4	Week 3	Week 4	Week 3	Week 4	Week 3	Week 4
<b>Saturday</b>	Week 1	Week 2	Week 1	Week 2	Week 1	Week 2	Week 1	Week 2
	Week 3	Week 4	Week 3	Week 4	Week 3	Week 4	Week 3	Week 4
<b>Sunday</b>	Week 1	Week 2	Week 1	Week 2	Week 1	Week 2	Week 1	Week 2
	Week 3	Week 4	Week 3	Week 4	Week 3	Week 4	Week 3	Week 4

Please email or fax your completed Oral Health Challenge Calendar to:

[ashley.white@pnrha.ca](mailto:ashley.white@pnrha.ca)  
 or Fax to: 1-306-446-6432  
 Entry Deadline May 8<sup>th</sup>

### Oral Health Month™ Challenge Instructions

1. Post your calendar where you will see it daily (bathroom, kitchen, or bedroom).
2. Keep track by circling your brushing (morning and evening), flossing and food consumption progress on your daily calendar for the month of April 2009.
3. At the end of the month, total the number of days you participated in the challenge. To meet the goal of the challenge, you must successfully complete the entire calendar, which is 28 of the 30 days in the month of April. Continue to challenge yourself to keep up your healthy practices for a lifetime of good oral health 😊.
4. Send your completed Oral Health Month Challenge Calendar for a chance to win a dental prize. Entry deadline May 8<sup>th</sup>, 2009.

***GOOD LUCK!***  
***Happy Brushing and Flossing!***

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