


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













































JOIN THE 21-DAY BRUSHING CHALLENGE!

Typically, without braces, you need to brush your teeth for two minutes, two times a day. If you're currently in braces or other orthodontic gear, we recommend brushing for even longer, between 3-5 minutes to keep your smile healthy! Are you hitting at least the two-minute mark every single time, if not longer? Odds are, the answer is no. We challenge you to brush for the full two minutes for 21 days straight, and an extended period of time if you're in braces! [Go to www.shineorthostudio.com/challenge](http://www.shineorthostudio.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!

WIN A \$100 SHOPPING SPREE!

Get entered for your chance to win a shopping spree to the store of your choice!

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 shineorthostudio.com/challenge
- 1 pt** Each time you brush for 2 full minutes
- 1 pt** Post & tag us on social media! (up to 10 pts)

Shine
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ORTHO STUDIO