

SUN	MON	TUES	WED	THU	FRI	SAT
						13 START FLOSSING
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	1	2	3	4	5 CHALLENGE COMPLETE	6
7	8	9	10	11	12 CALENDAR DUE	13

FEBRUARY

Flossing Guide

- Wind** Wind 18 inches of floss around your index finger and a small amount onto the index finger of the other hand.
- Guide** Guide a one to two-inch length of taut floss in-between two teeth.
- Glide** Glide floss between the teeth making a C-shape as you wrap it around the tooth.
- Slide** Slide floss up and down against the tooth surface and under the gum line, then across the back side of each tooth.

Repeat for each tooth, using a fresh section of floss each time.

21-DAY FLOSS CHALLENGE

Congratulations on joining the Regarding Dentistry's 21 Day Floss Challenge! It takes twenty-one days to develop a habit. Can you do it?

Floss for 21 days consecutively from February 13th through March 5th. Turn in your checked off calendar by March 12th for a chance to win the Dental Health Collection!

Submit your success ONE of the following ways to be entered into the drawing:

- Submit your finished calendar to our Facebook Event Page at fb.me/e/1QFv2cr5g
- Post your calendar to Instagram with #flosschallenge2021 or tag @regardingdentistry
- Email us your contact information and a photo of your calendar to info@regardingdentistry.com
- Bring your calendar to Regarding Dentistry and register in-person

