**February Mini Challenge – Pearly Whites**

*Use floss daily.*

The “Pearly White” Mini Challenge invites you to floss daily for the next 29 days. Most people brush their teeth, but many don’t take the time to floss. Flossing can be awkward and unpleasant – especially if floss gets stuck between your teeth! The great thing about trying to build a habit of flossing is that brushing your teeth can be the trigger. Simply put floss next to your toothbrush as a visual reminder. After you brush in the morning or evening, floss. Over time flossing will become as routine as brushing your teeth.

Flossing prevents plaque build-up between teeth and along the gum line, which can lead to cavities or gum disease. Simply moving the floss up in between the teeth to remove food is not enough to protect the gums. You need to also curve the floss closely around the base of each tooth and gently beneath the gum tissue. It sounds complicated, but after a few times it will be so automatic that you won’t have to think about your flossing technique. Place your floss by your toothbrush and start today!

*See the "Pearly Whites " tracker on the next page*

**Source:** [*102 Challenges*](https://www.wellright.com/wellness-resources/books) by Tad Mitchell, 2018 WellRight, Inc.

**February 2020 Mini Challenge – Pearly White**

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