



# 21-DAY LISTERINE® CHALLENGE

## DAY 5

"You brush your teeth at night to keep your teeth. You brush your teeth in the morning to keep your friends." - Unknown

- Morning: Brush your teeth for 2-minutes. Rinse with LISTERINE® for 30-seconds.
- Lunch: Brush your teeth for 2-minutes.
- Bedtime: Brush your teeth for 2-minutes. Floss. Rinse with LISTERINE® for 30-seconds

## DAY 6

"Teeth are always in style." ~ Dr. Seuss

- Morning: Brush your teeth for 2-minutes. Rinse with LISTERINE® for 30-seconds.
- Lunch: Brush your teeth for 2-minutes.
- Bedtime: Brush your teeth for 2-minutes. Floss. Rinse with LISTERINE® for 30-seconds

## DAY 11

"Be true to your teeth or they will become false to you." - Unknown

- Morning: Brush your teeth for 2-minutes. Rinse with LISTERINE® for 30-seconds.
- Lunch: Brush your teeth for 2-minutes.
- Bedtime: Brush your teeth for 2-minutes. Floss. Rinse with LISTERINE® for 30-seconds

## DAY 12

"Don't cry because it's over. Smile because it happened." -Dr. Seuss

- Morning: Brush your teeth for 2-minutes. Rinse with LISTERINE® for 30-seconds.
- Lunch: Brush your teeth for 2-minutes.
- Bedtime: Brush your teeth for 2-minutes. Floss. Rinse with LISTERINE® for 30-seconds

## DAY 17

"Good things happen to those who floss." - Unknown

- Morning: Brush your teeth for 2-minutes. Rinse with LISTERINE® for 30-seconds.
- Lunch: Brush your teeth for 2-minutes.
- Bedtime: Brush your teeth for 2-minutes. Floss. Rinse with LISTERINE® for 30-seconds

## DAY 18

"Prevention is better than the cure, and tooth decay is largely preventable." - Unknown

- Morning: Brush your teeth for 2-minutes. Rinse with LISTERINE® for 30-seconds.
- Lunch: Brush your teeth for 2-minutes.
- Bedtime: Brush your teeth for 2-minutes. Floss. Rinse with LISTERINE® for 30-seconds

## DAY 1

"Take care of your body. It's the only place you have to live." - Jim Rohn

- Morning: Brush your teeth for 2-minutes. Rinse with LISTERINE® for 30-seconds.
- Lunch: Brush your teeth for 2-minutes.
- Bedtime: Brush your teeth for 2-minutes. Floss. Rinse with LISTERINE® for 30-seconds

## DAY 7

"You're a boss when you brush and floss." - Unknown

- Morning: Brush your teeth for 2-minutes. Rinse with LISTERINE® for 30-seconds.
- Lunch: Brush your teeth for 2-minutes.
- Bedtime: Brush your teeth for 2-minutes. Floss. Rinse with LISTERINE® for 30-seconds

## DAY 13

"A genuine smile comes from the heart, but a healthy smile needs good dental care." - Wayne Chirissa

- Morning: Brush your teeth for 2-minutes. Rinse with LISTERINE® for 30-seconds.
- Lunch: Brush your teeth for 2-minutes.
- Bedtime: Brush your teeth for 2-minutes. Floss. Rinse with LISTERINE® for 30-seconds

## DAY 19

"Smile its free therapy." -Douglas Horton

- Morning: Brush your teeth for 2-minutes. Rinse with LISTERINE® for 30-seconds.
- Lunch: Brush your teeth for 2-minutes.
- Bedtime: Brush your teeth for 2-minutes. Floss. Rinse with LISTERINE® for 30-seconds

## DAY 2

"Keep calm and brush your teeth." -Unknown

- Morning: Brush your teeth for 2-minutes. Rinse with LISTERINE® for 30-seconds.
- Lunch: Brush your teeth for 2-minutes.
- Bedtime: Brush your teeth for 2-minutes. Floss. Rinse with LISTERINE® for 30-seconds

## DAY 8

"Don't rush when you brush." - Unknown

- Morning: Brush your teeth for 2-minutes. Rinse with LISTERINE® for 30-seconds.
- Lunch: Brush your teeth for 2-minutes.
- Bedtime: Brush your teeth for 2-minutes. Floss. Rinse with LISTERINE® for 30-seconds

## DAY 14

"Smiles are free, but they are worth a lot." - Unknown

- Morning: Brush your teeth for 2-minutes. Rinse with LISTERINE® for 30-seconds.
- Lunch: Brush your teeth for 2-minutes.
- Bedtime: Brush your teeth for 2-minutes. Floss. Rinse with LISTERINE® for 30-seconds

## DAY 20

"A smile is the most powerful and profound facial expression of them all." - Unknown

- Morning: Brush your teeth for 2-minutes. Rinse with LISTERINE® for 30-seconds.
- Lunch: Brush your teeth for 2-minutes.
- Bedtime: Brush your teeth for 2-minutes. Floss. Rinse with LISTERINE® for 30-seconds

## DAY 3

"You don't have to brush all of your teeth, just the ones you want to keep." -Unknown

- Morning: Brush your teeth for 2-minutes. Rinse with LISTERINE® for 30-seconds.
- Lunch: Brush your teeth for 2-minutes.
- Bedtime: Brush your teeth for 2-minutes. Floss. Rinse with LISTERINE® for 30-seconds

## DAY 9

"Your mouth is your best friend when it's kept healthy and fresh." - Unknown

- Morning: Brush your teeth for 2-minutes. Rinse with LISTERINE® for 30-seconds.
- Lunch: Brush your teeth for 2-minutes.
- Bedtime: Brush your teeth for 2-minutes. Floss. Rinse with LISTERINE® for 30-seconds

## DAY 15

"You're never fully dressed without your smile." - Annie

- Morning: Brush your teeth for 2-minutes. Rinse with LISTERINE® for 30-seconds.
- Lunch: Brush your teeth for 2-minutes.
- Bedtime: Brush your teeth for 2-minutes. Floss. Rinse with LISTERINE® for 30-seconds

## DAY 21

"Life is short, so smile while you still have teeth." ~ Unknown

- Morning: Brush your teeth for 2-minutes. Rinse with LISTERINE® for 30-seconds.
- Lunch: Brush your teeth for 2-minutes.
- Bedtime: Brush your teeth for 2-minutes. Floss. Rinse with LISTERINE® for 30-seconds

## DAY 4

"Every tooth in your head is more valuable than diamonds." -Author Unknown

- Morning: Brush your teeth for 2-minutes. Rinse with LISTERINE® for 30-seconds.
- Lunch: Brush your teeth for 2-minutes.
- Bedtime: Brush your teeth for 2-minutes. Floss. Rinse with LISTERINE® for 30-seconds

## DAY 10

"Play your favorite song while your brushing, don't stop until the song is over. See, music and brushing your teeth go hand in hand." - Unknown

- Morning: Brush your teeth for 2-minutes. Rinse with LISTERINE® for 30-seconds.
- Lunch: Brush your teeth for 2-minutes.
- Bedtime: Brush your teeth for 2-minutes. Floss. Rinse with LISTERINE® for 30-seconds

## DAY 16

"Your smile may be the brightest part of someone's day, so wear it often and share it freely." - Unknown

- Morning: Brush your teeth for 2-minutes. Rinse with LISTERINE® for 30-seconds.
- Lunch: Brush your teeth for 2-minutes.
- Bedtime: Brush your teeth for 2-minutes. Floss. Rinse with LISTERINE® for 30-seconds

## NOTES:

*"You're a boss when you brush and floss." -Author Unknown*