

The 7-Day Fresh-Breath Tracker

Tick each habit daily - most people notice a difference within a week.

Day	Tongue scrape	Water 6+ glasses	Floss / between teeth	Zinc rinse
Day 1	☐	☐	☐	☐
Day 2	☐	☐	☐	☐
Day 3	☐	☐	☐	☐
Day 4	☐	☐	☐	☐
Day 5	☐	☐	☐	☐
Day 6	☐	☐	☐	☐
Day 7	☐	☐	☐	☐

Still noticing odour after 2-3 weeks of consistent tracking? Book a dentist visit.

SmartBreathCheck - smartbreathcheck.com