

#allsmiles Self-Care Challenge

Join our 4-week challenge to become your best self
and win \$500* and more!

WEEK 1	MON	TUE	WED	THU	FRI	SAT	SUN
1. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3-BRUSH & FLOSS TEETH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Win or Lose?	—	—	—	—	—	—	—

WEEK 2	MON	TUE	WED	THU	FRI	SAT	SUN
1. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3-BRUSH & FLOSS TEETH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Win or Lose?	—	—	—	—	—	—	—

WEEK 3	MON	TUE	WED	THU	FRI	SAT	SUN
1. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3-BRUSH & FLOSS TEETH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Win or Lose?	—	—	—	—	—	—	—

WEEK 4	MON	TUE	WED	THU	FRI	SAT	SUN
1. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3-BRUSH & FLOSS TEETH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Win or Lose?	—	—	—	—	—	—	—

#allsmiles Self-Care Challenge Instructions

PRIZE:

**\$500 Credit* for Treatment
2 Dallas Mavericks Tickets
Sonicare Electric Toothbrush**

How To Win:

1. Write in 2 healthy habits you think would benefit you each week
2. Check off these habits as you complete them throughout the day for 4 weeks. To track your progress, add a "W" if you did all 3 activities or an "L" if you did not.
3. Post your habit tracker to your Instagram story, tag us @jeffersondental, and #allsmiles
4. Each post counts as 1 entry, and you must win at least 25 days to be considered.
5. On February 20th we will randomly pick a winner!

GET YOUR TEETH CLEANED AT JEFFERSON FOR AN ADDITIONAL 5 ENTRIES

Take a photo with your Hygienist & tag us!

The last day to start the challenge is January 23rd!

*Not redeemable for cash and cannot be applied to past treatments. Cannot be used in conjunction with insurance. Valid at Jefferson Dental or Smile Center locations from 2/20/23-4/29/23