

I have a very serious warning:  
**THIS BOOK IS BORING.**

Like, **REALLY** boring. It's  
supposed to remind you of  
all the things you should do  
each day but probably don't  
find very exciting. Such as . . .



Make sure you **BRUSH YOUR TEETH** twice a day!  
*(No, not your friend's teeth!)*

This book will also remind you to . . .

