



MY MASK SCHEDULE

DAY 1

- ☐ Wear my mask for 5 minutes
- ☐ Wear my mask for 5 minutes
- ☐ Wear my mask for 5 minutes

DAY 2

- ☐ Wear my mask for 5 minutes
- ☐ Wear my mask for 5 minutes
- ☐ Wear my mask for 5 minutes

DAY 3

- ☐ Wear my mask for 5 minutes
- ☐ Wear my mask for 5 minutes
- ☐ Wear my mask for 5 minutes

DAY 4 AND DAY 5



**NO
MASK!**



MY MASK SCHEDULE

DAY 6

- ☐ Wear my mask for 10 minutes
- ☐ Wear my mask for 10 minutes
- ☐ Wear my mask for 10 minutes

DAY 7

- ☐ Wear my mask for 10 minutes
- ☐ Wear my mask for 10 minutes
- ☐ Wear my mask for 10 minutes

DAY 8

- ☐ Wear my mask for 15 minutes
- ☐ Wear my mask for 15 minutes
- ☐ Wear my mask for 15 minutes

DAY 9

- ☐ Wear my mask for 15 minutes
- ☐ Wear my mask for 15 minutes
- ☐ Wear my mask for 15 minutes



MY MASK SCHEDULE

DAY 10

- ☐ Wear my mask for 15 minutes
BONUS: Try for 20 minutes!
- ☐ Wear my mask for 15 minutes
BONUS: Try for 20 minutes!
- ☐ Wear my mask for 15 minutes
BONUS: Try for 20 minutes!

DAY 11 AND DAY 12



**NO
MASK!**

DAY 13

- ☐ Wear my mask for 20 minutes
- ☐ Wear my mask for 20 minutes
- ☐ Wear my mask for 20 minutes

DAY 14

- ☐ Wear my mask for 20 minutes
- ☐ Wear my mask for 20 minutes
- ☐ Wear my mask for 25 minutes



MY MASK SCHEDULE

DAY 15

- ☐ Wear my mask for 15 minutes
BONUS: Try for 20 minutes!
- ☐ Wear my mask for 15 minutes
BONUS: Try for 20 minutes!
- ☐ Wear my mask for 15 minutes
BONUS: Try for 20 minutes!
- ☐ Wear my mask for 15 minutes
BONUS: Try for 20 minutes!

DAY 16

- ☐ Wear my mask for 20 minutes
- ☐ Wear my mask for 20 minutes
- ☐ Wear my mask for 20 minutes
- ☐ Wear my mask for 20 minutes

DAY 17

- ☐ Wear my mask for 20 minutes
- ☐ Wear my mask for 20 minutes
- ☐ Wear my mask for 25 minutes
- ☐ Wear my mask for 25 minutes

DAY 18 AND DAY 19



**NO
MASK!**



MY MASK SCHEDULE

DAY 20

- ☐ Wear my mask for 25 minutes
- ☐ Wear my mask for 25 minutes
- ☐ Wear my mask for 25 minutes
- ☐ Wear my mask for 25 minutes

DAY 21

- ☐ Wear my mask for 30 minutes
- ☐ Wear my mask for 30 minutes
- ☐ Wear my mask for 35 minutes
- ☐ Wear my mask for 35 minutes

DAY 22

- ☐ Wear my mask for 35 minutes
- ☐ Wear my mask for 35 minutes
- ☐ Wear my mask for 45 minutes
- ☐ Wear my mask for 45 minutes

DAY 23

- ☐ Wear my mask for 45 minutes
- ☐ Wear my mask for 45 minutes
- ☐ Wear my mask for 45 minutes
- ☐ Wear my mask for 45 minutes



Keep Practicing and you'll be ready to mask up whenever!



MY MASK SCHEDULE

DAY 24

- ☐ Wear my mask for 50 minutes
- ☐ Wear my mask for 50 minutes
- ☐ Wear my mask for 55 minutes
- ☐ Wear my mask for 55 minutes

DAY 25 & DAY 26



NO
MASK!

DAY 27

- ☐ Wear my mask for 55 minutes
- ☐ Wear my mask for 55 minutes
- ☐ Wear my mask for 55 minutes
- ☐ Wear my mask for 55 minutes

DAY 28

- ☐ Wear my mask for 60 minutes
- ☐ Wear my mask for 60 minutes
- ☐ Wear my mask for 60 minutes
- ☐ Wear my mask for 60 minutes



WAY TO GO! YOU'RE A MASK PRO!