



# 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!**