

DAY 1

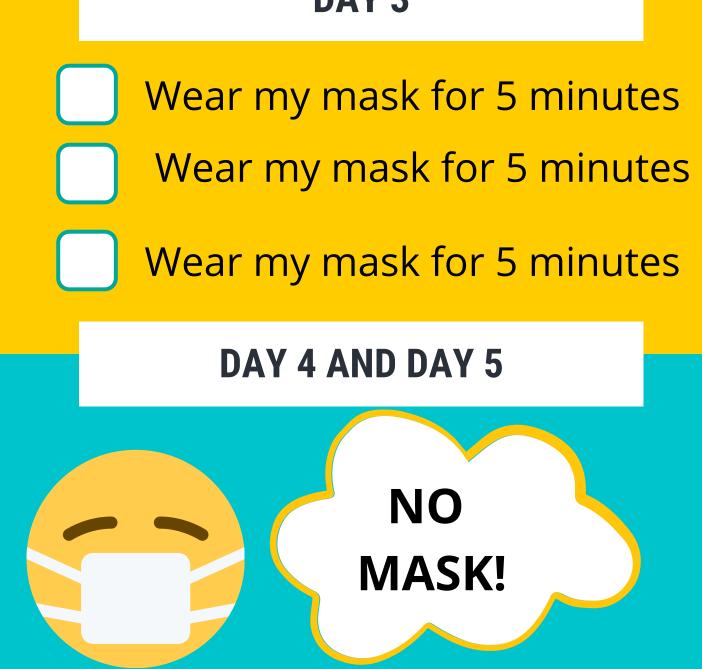
Wear my mask for 5 minutes
Wear my mask for 5 minutes
Wear my mask for 5 minutes

DAY 2

Wear my mask for 5 minutes

Wear my mask for 5 minutes

Wear my mask for 5 minutes





DAY 6

Wear my mask for 10 minutesWear my mask for 10 minutesWear my mask for 10 minutes

DAY 7

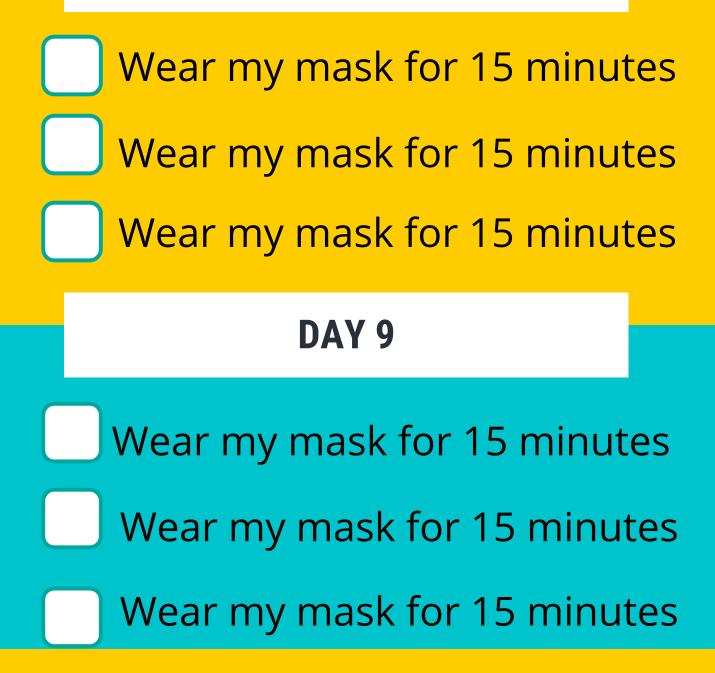
Wear my mask for 10 minutes

Wear my mask for 10 minutes

Wear my mask for 10 minutes

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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!



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



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!

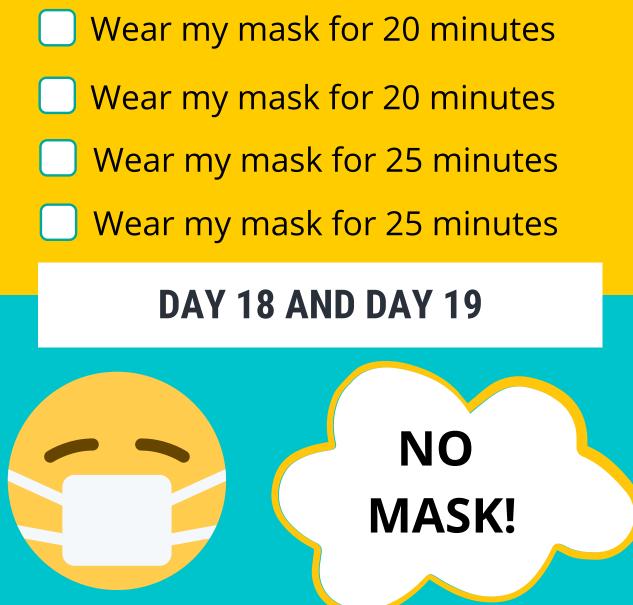
DAY 16

Wear my mask for 20 minutes
Wear my mask for 20 minutes
Wear my mask for 20 minutes

Wear my mask for 20 minutes

DAV 17







DAY 20

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

DAV 22

DAIZZ

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!



DAY 24

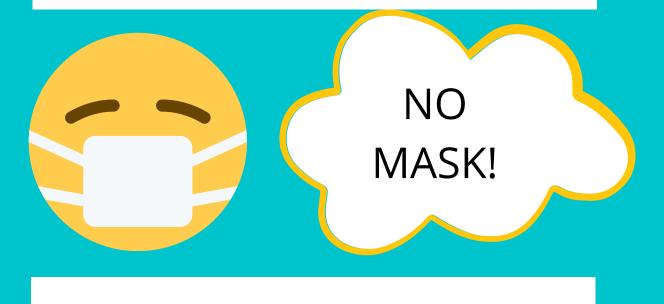
Wear my mask for 50 minutes

Wear my mask for 50 minutes

Wear my mask for 55 minutes

Wear my mask for 55 minutes

DAY 25 & DAY 26



UAI ZI

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!