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!

Source: Garland Gail Youngblood, MD
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

Source: Garland Gail Youngblood, MD
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 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

Source: Garland Gail Youngblood, MD
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!

Source: Garland Gail Youngblood, MD
## 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
- 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
- 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
- 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
- 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!