Lip closure at night

I have mastered that:

☝ Make a check mark on every day you have worn it

A: Sloth + massage and magic spell

Day	1	2	3	4	5	6	7
	___MS	___ MS	___ MS	___ MS	___ MS	___ MS	___ MS

B: Cross taping

Day	1	2	3	4	5	6	7
	____ taped	____ taped	____ taped	____ taped	____ taped	____ taped	____ taped
	___MS	___ MS	___ MS	___ MS	___ MS	___ MS	___ MS

C: Complete taping

Day	1	2	3	4	5	6	7
	____ taped	____ taped	____ taped	____ taped	____ taped	____ taped	____ taped
	___MS	___ MS	___ MS	___ MS	___ MS	___ MS	___ MS

D: Complete taping + repeat steps

Day	1	2	3	4	5	6	7
	____ taped	____ taped	____ taped	____ taped	____ taped	____ taped	____ taped
	____Steps	____ Step	____ Steps	____ Steps	____ Steps	____ Steps	____ Steps
	___MS	___ MS	___ MS	___ MS	___ MS	___ MS	___ MS