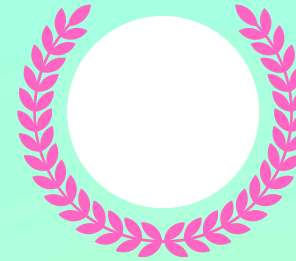


Score Sheet Juicy & Strong

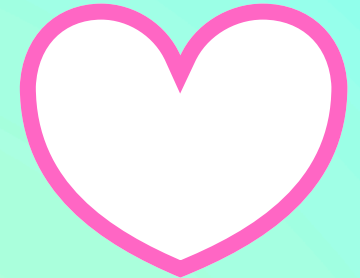
Name:

- Day 1: **Tao Face Yoga** — 1 point —
- Day 2: **Body + Face** — 1 point —
- Day 3: **Breath** — 1 point —
- Day 5: **Tao Practice** — 1 point —
- Day 7: **Day for Juiciness** — 1 point —

Points scored:



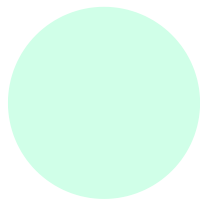
My Reward:



Switch 1

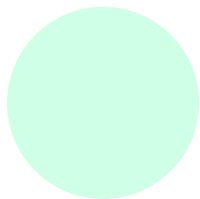
- LIVER
- HYPOTHALAMUS
- NERVOUS SYSTEM

Tao Face Yoga:



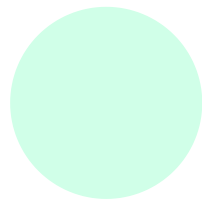
+

Body + Face:



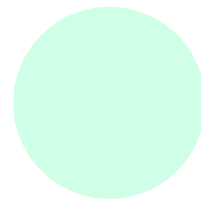
+

Breath:



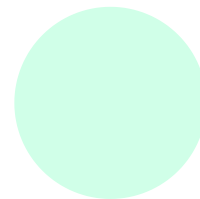
+

Tao Practice:



+

Day for Juiciness:



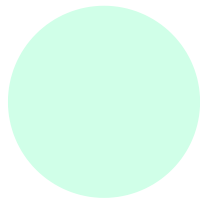
Score:



Switch 2

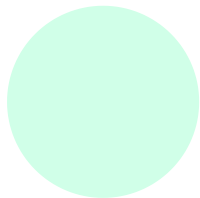
- THYMUS
- HEART

Tao Face Yoga:



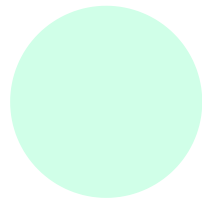
+

Body + Face:



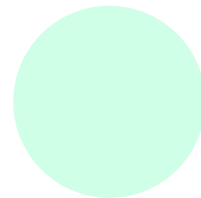
+

Breath:



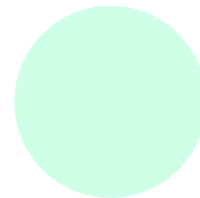
+

Tao Practice:



+

Day for Juiciness:



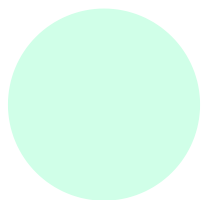
Score:



Switch 3

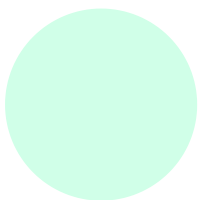
- LUNGS
- THYROID

Tao Face Yoga:



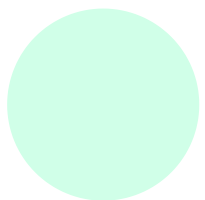
+

Body + Face:



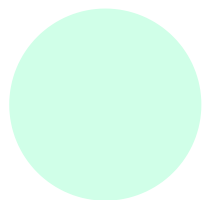
+

Breath:



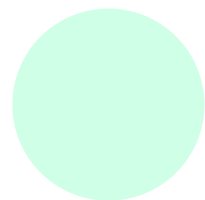
+

Tao Practice:



+

*Day for
Juiciness:*



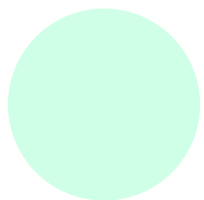
Score:



Switch 4

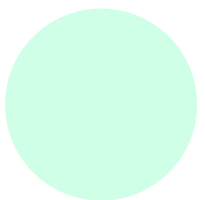
- ADRENAL
GLANDS

Tao Face Yoga:



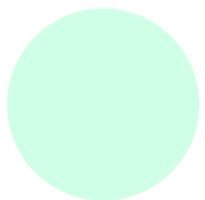
+

Body + Face:



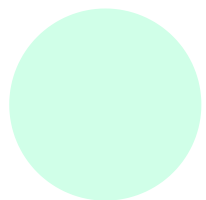
+

Breath:



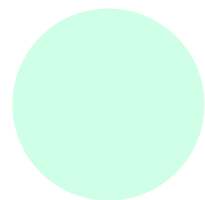
+

Tao Practice:



+

*Day for
Juiciness:*



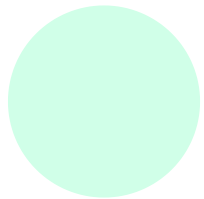
Score:



Switch 5

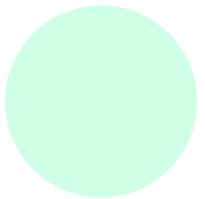
- JUICY
HORMONES

Tao Face Yoga:



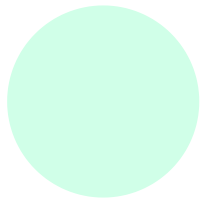
+

Body + Face:



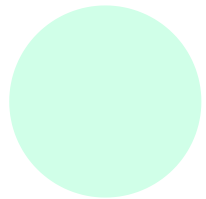
+

Breath:



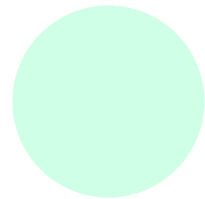
+

Tao Practice:



+

*Day for
Juiciness:*



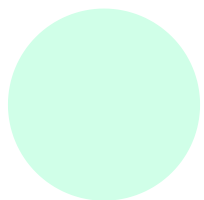
Score:



Switch 6

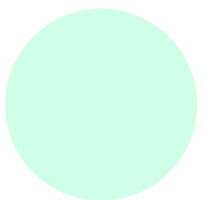
- **INTESTINES**

Tao Face Yoga:



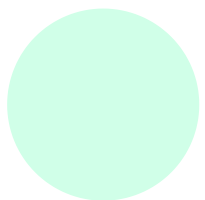
+

Body + Face:



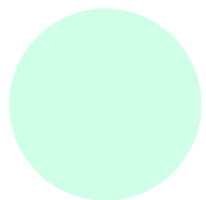
+

Breath:



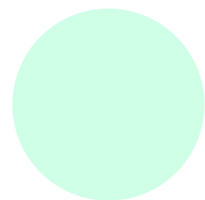
+

Tao Practice:



+

*Day for
Juiciness:*



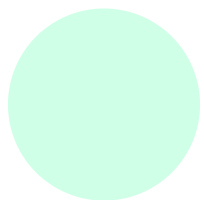
Score:



Switch 7

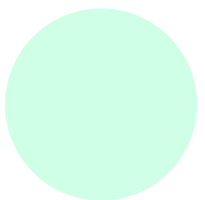
- **CONNECTIVE
TISSUE**
- **TRIPLE BURNER**

Tao Face Yoga:



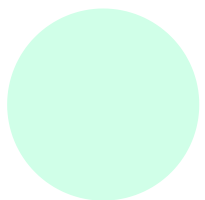
+

Body + Face:



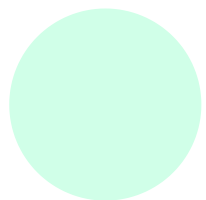
+

Breath:



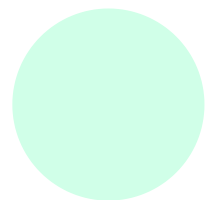
+

Tao Practice:



+

*Day for
Juiciness:*



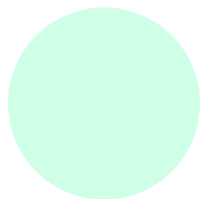
Score:



Switch 8

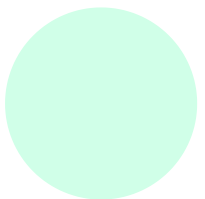
- **LYMPHATIC
SYSTEM**

Tao Face Yoga:



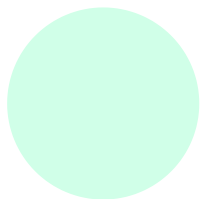
+

Body + Face:



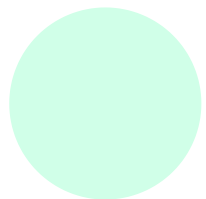
+

Breath:



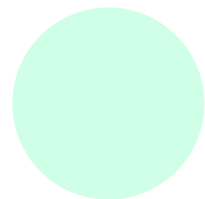
+

Tao Practice:



+

*Day for
Juiciness:*



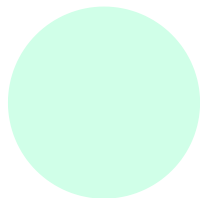
Score:



Switch 9

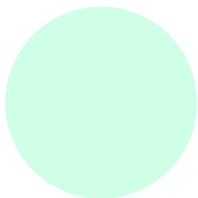
- BONE MARROW

Tao Face Yoga:



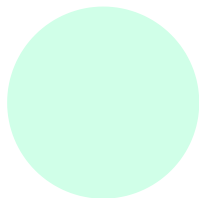
+

Body + Face:



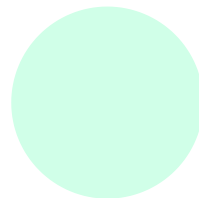
+

Breath:



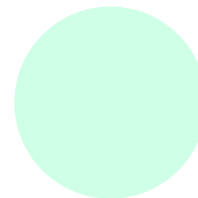
+

Tao Practice:



+

*Day for
Juiciness:*



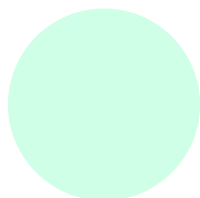
Score:



Switch 10

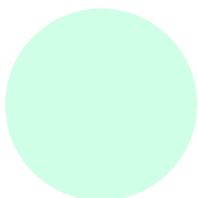
- PINEAL GLAND
- PITUITARY GLAND

Tao Face Yoga:



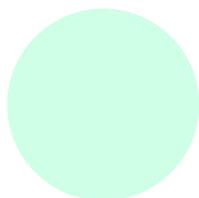
+

Body + Face:



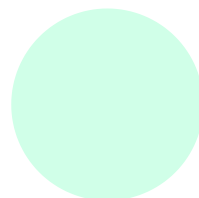
+

Breath:



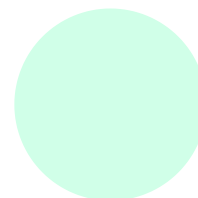
+

Tao Practice:



+

*Day for
Juiciness:*



Score:

