CHILL-LOO CHART

CHILL FOR 5 MINS ON THE LOO MORNING AND NIGHT AND GET A STICKER OF YOUR CHOICE TO DECORATE THE CHART

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK I			**			**	**-)
WEEK 2		**-)					***
WEEK 3	**-)	**-)	**-)	**-)			**-)
WEEK 4		**-)		**-)			**-)