



Exercise	Times/Day		Sun	Mon	Tue	Wed	Thus	Fri	Sat	
1	5x5 Warm Up	1	Time E/A	3 /	3 /	3 /	3 /	3 /	3 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
2	Ear Accupressure	1	Time E/A	2 /	/	2 /	/	/	2 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
15	Sniffing	1	Time E/A	3 /	/	3 /	/	/	3 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
23	Salivation	1	Time E/A	2 /	/	2 /	/	/	2 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
28	Finger Taps	1	Time E/A	3 /	/	3 /	/	/	3 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
3	Elementary Listening	1	Time E/A	/	3 /	/	3 /	/	3 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
16	Coffee Sniffing	2	Time E/A	/	1 /	/	1 /	/	1 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
24	Mouth Stretch	2	Time E/A	/	4 /	/	4 /	/	4 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
29	Head To Toe Taps	1	Time E/A	/	2 /	/	2 /	/	2 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
			<b>Time E/A</b>	<b>13 /</b>	<b>13 /</b>	<b>13 /</b>	<b>13 /</b>	<b>13 /</b>	<b>23 /</b>	
									<b>Total Weekly Time</b>	<b>101 /</b>
									<b>Average Time per Day</b>	<b>14.4 /</b>



Exercise	Times/Day		Sun	Mon	Tue	Wed	Thus	Fri	Sat
1	5x5 Warm Up	1	Time E/A	3 /	3 /	3 /	3 /	3 /	3 /
			Reps/Sets	/	/	/	/	/	/
			Notes						
5	Hear and There	1	Time E/A	1 /	1 /	1 /	1 /	1 /	1 /
			Reps/Sets	/	/	/	/	/	/
			Notes						
16	Coffee Sniffing	2	Time E/A	/	1 /	1 /	1 /	1 /	/
			Reps/Sets	/	/	/	/	/	/
			Notes						
23	Salivation	1	Time E/A	/	2 /	2 /	2 /	2 /	/
			Reps/Sets	/	/	/	/	/	/
			Notes						
24	Mouth Stretch	1	Time E/A	/	2 /	2 /	2 /	2 /	/
			Reps/Sets	/	/	/	/	/	/
			Notes						
30	Hot & Cold Touch	1	Time E/A	3 /	/	/	/	/	3 /
			Reps/Sets	/	/	/	/	/	/
			Notes						
33	Feel the Dice	1	Time E/A	/	3 /	3 /	3 /	3 /	/
			Reps/Sets	/	/	/	/	/	/
			Notes						
36	Barefoot Walk	1	Time E/A	4 /	/	/	/	/	4 /
			Reps/Sets	/	/	/	/	/	/
			Notes						
29	Head To Toe Taps	1	Time E/A	2 /	2 /	2 /	2 /	2 /	2 /
			Reps/Sets	/	/	/	/	/	/
			Notes						
			<b>Time E/A</b>	<b>13 /</b>	<b>14 /</b>	<b>14 /</b>	<b>14 /</b>	<b>14 /</b>	<b>14 /</b>
			<b>Total Weekly Time</b>						<b>96 /</b>
			<b>Average Time per Day</b>						<b>13.7 /</b>



Exercise	Times/Day		Sun	Mon	Tue	Wed	Thus	Fri	Sat	
2	Ear Accupressure	1	Time E/A	2 /	2 /	2 /	2 /	2 /	2 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
3	Elementary Listening	1	Time E/A	3 /	/	3 /	/	3 /	/	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
4	One More Sound	1	Time E/A	/	3 /	/	3 /	/	3 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
5	Hear and There	1	Time E/A	1 /	/	1 /	/	1 /	/	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
7	Polly Want a Cracker?	1	Time E/A	/	4 /	/	4 /	/	4 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
8	Copycat	1	Time E/A	3 /	/	3 /	/	3 /	/	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
10	Directional Locating	1	Time E/A	/	4 /	/	4 /	/	4 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
11	Clap Away	1	Time E/A	4 /	/	4 /	/	4 /	/	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
39	Blind Walk	1	Time E/A	5 /	5 /	5 /	5 /	5 /	5 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
			<b>Time E/A</b>	<b>18 /</b>	<b>18 /</b>	<b>18 /</b>	<b>18 /</b>	<b>18 /</b>	<b>18 /</b>	<b>0 /</b>
									<b>Total Weekly Time</b>	<b>108 /</b>
									<b>Average Time per Day</b>	<b>15.4 /</b>



Exercise	Times/Day		Sun	Mon	Tue	Wed	Thus	Fri	Sat	
1	5x5 Warm Up	1	Time E/A	3 /	3 /	3 /	3 /	3 /	3 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
15	Sniffing	1	Time E/A	3 /	3 /	3 /	3 /	3 /	3 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
17	Distinct Smell Awareness	1	Time E/A	2 /	/	2 /	/	2 /	/	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
18	Indistinct Smell Awareness	1	Time E/A	2 /	2 /	/	2 /	/	2 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
19	Spice ID	1	Time E/A	5 /	/	5 /	/	5 /	/	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
20	Distinct Smell Exploration	1	Time E/A	0 /	0 /	/	0 /	/	0 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
21	Smelling Chef	1	Time E/A	0 /	0 /	0 /	0 /	0 /	0 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
22	Slurping	1	Time E/A	0 /	0 /	0 /	0 /	0 /	0 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
40	Three Sense Sequence	1	Time E/A	4 /	/	/	4 /	/	4 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
			<b>Time E/A</b>	<b>19 /</b>	<b>8 /</b>	<b>13 /</b>	<b>12 /</b>	<b>13 /</b>	<b>8 /</b>	<b>19 /</b>
									<b>Total Weekly Time</b>	<b>92 /</b>
									<b>Average Time per Day</b>	<b>13.1 /</b>



Exercise	Times/Day		Sun	Mon	Tue	Wed	Thus	Fri	Sat	
1	5x5 Warm Up	1	Time E/A	3 /	3 /	3 /	3 /	3 /	3 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
23	Salivation	1	Time E/A	2 /	2 /	2 /	2 /	2 /	2 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
21	Smelling Chef	1	Time E/A	0 /	0 /	0 /	0 /	0 /	0 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
22	Slurping	1	Time E/A	0 /	0 /	0 /	0 /	0 /	0 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
24	Mouth Stretch	1	Time E/A	2 /	2 /	2 /	2 /	2 /	2 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
25	Taste Comprehension	1	Time E/A	2 /	2 /	2 /	2 /	2 /	2 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
26	Exercise While You Eat	1	Time E/A	0 /	0 /	0 /	0 /	0 /	0 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
27	What's the Difference?	1	Time E/A	3 /	3 /	3 /	3 /	3 /	3 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
41	Competing Senses	1	Time E/A	5 /	/	5 /	/	5 /	/	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
			<b>Time E/A</b>	<b>17 /</b>	<b>12 /</b>	<b>17 /</b>	<b>12 /</b>	<b>17 /</b>	<b>12 /</b>	
									<b>Total Weekly Time</b>	<b>104 /</b>
									<b>Average Time per Day</b>	<b>14.9 /</b>



The 15 Minute Fix: SENSES

Workout Title: SMELL & TASTE SAMPLE

Week of: \_\_\_\_\_

Exercise	Times/Day		Sun	Mon	Tue	Wed	Thus	Fri	Sat
15	Sniffing	1	Time E/A	3 /	3 /	3 /	3 /	3 /	3 /
			Reps/Sets	/	/	/	/	/	/
			Notes						
19	Spice ID	1	Time E/A	5 /	5 /	5 /	5 /	5 /	5 /
			Reps/Sets	/	/	/	/	/	/
			Notes						
20	Distinct Smell Exploration	1	Time E/A	0 /	0 /	0 /	0 /	0 /	0 /
			Reps/Sets	/	/	/	/	/	/
			Notes						
21	Smelling Chef	1	Time E/A	0 /	0 /	0 /	0 /	0 /	0 /
			Reps/Sets	/	/	/	/	/	/
			Notes						
22	Slurping	1	Time E/A	0 /	0 /	0 /	0 /	0 /	0 /
			Reps/Sets	/	/	/	/	/	/
			Notes						
23	Salivation	1	Time E/A	2 /	2 /	2 /	2 /	2 /	2 /
			Reps/Sets	/	/	/	/	/	/
			Notes						
25	Taste Comprehension	1	Time E/A	2 /	2 /	2 /	2 /	2 /	2 /
			Reps/Sets	/	/	/	/	/	/
			Notes						
26	Exercise While You Eat	1	Time E/A	0 /	0 /	0 /	0 /	0 /	0 /
			Reps/Sets	/	/	/	/	/	/
			Notes						
40	Three Sense Sequence	1	Time E/A	4 /	/	4 /	/	4 /	/
			Reps/Sets	/	/	/	/	/	/
			Notes						
			<b>Time E/A</b>	<b>16 /</b>	<b>12 /</b>	<b>16 /</b>	<b>12 /</b>	<b>16 /</b>	<b>12 /</b>
			<b>Total Weekly Time</b>						<b>100 /</b>
			<b>Average Time per Day</b>						<b>14.3 /</b>



Exercise	Times/Day		Sun	Mon	Tue	Wed	Thus	Fri	Sat	
28	Finger Taps	1	Time E/A	3 /	3 /	3 /	3 /	3 /	3 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
30	Hot & Cold Touch	1	Time E/A	3 /	/	3 /	/	3 /	/	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
31	Visible Ten Finger Touch	1	Time E/A	/	3 /	/	3 /	/	3 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
32	Blind Ten Finger Touch	1	Time E/A	3 /	/	3 /	/	3 /	/	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
33	Feel the Dice	1	Time E/A	/	3 /	/	3 /	/	3 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
34	Multi-Touch	1	Time E/A	2 /	/	2 /	/	2 /	/	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
36	Barefoot Walk	1	Time E/A	/	4 /	/	4 /	/	4 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
39	Blind Walk	1	Time E/A	5 /	/	5 /	/	5 /	/	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
38	Sculpting	1	Time E/A	3 /	3 /	3 /	3 /	3 /	3 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
			<b>Time E/A</b>	<b>19 /</b>	<b>16 /</b>	<b>19 /</b>	<b>16 /</b>	<b>19 /</b>	<b>16 /</b>	<b>0 /</b>
									<b>Total Weekly Time</b>	<b>105 /</b>
									<b>Average Time per Day</b>	<b>15.0 /</b>



The 15 Minute Fix: SENSES

Workout Title: MULTI-SENSE SAMPLE

Week of: \_\_\_\_\_

Exercise		Times/Day		Sun	Mon	Tue	Wed	Thus	Fri	Sat	
1	5x5 Warm Up	1	Time E/A	3 /	3 /	3 /	3 /	3 /	3 /	3 /	
			Reps/Sets	/	/	/	/	/	/	/	
			Notes								
6	Music Exploration	1	Time E/A	/	/	4 /	/	4 /	/	4 /	
			Reps/Sets	/	/	/	/	/	/	/	
			Notes								
17	Distinct Smell Awareness	1	Time E/A	/	/	2 /	/	2 /	/	2 /	
			Reps/Sets	/	/	/	/	/	/	/	
			Notes								
14	Peripheral Hearing	1	Time E/A	/	0 /	/	0 /	/	0 /	/	
			Reps/Sets	/	/	/	/	/	/	/	
			Notes								
25	Taste Comprehension	1	Time E/A	/	2 /	/	2 /	/	2 /	/	
			Reps/Sets	/	/	/	/	/	/	/	
			Notes								
39	Blind Walk	1	Time E/A	5 /	5 /	/	/	5 /	/	/	
			Reps/Sets	/	/	/	/	/	/	/	
			Notes								
40	Three Sense Sequence	1	Time E/A	4 /	/	4 /	/	/	4 /	/	
			Reps/Sets	/	/	/	/	/	/	/	
			Notes								
41	Competing Senses	1	Time E/A	5 /	/	/	5 /	/	/	5 /	
			Reps/Sets	/	/	/	/	/	/	/	
			Notes								
29	Head To Toe Taps	1	Time E/A	2 /	2 /	2 /	2 /	2 /	2 /	2 /	
			Reps/Sets	/	/	/	/	/	/	/	
			Notes								
			<b>Time E/A</b>	<b>19 /</b>	<b>12 /</b>	<b>15 /</b>	<b>12 /</b>	<b>16 /</b>	<b>11 /</b>	<b>16 /</b>	
			<b>Total Weekly Time</b>							<b>101 /</b>	
			<b>Average Time per Day</b>							<b>14.4 /</b>	





Exercise	Times/Day		Sun	Mon	Tue	Wed	Thus	Fri	Sat	
1	5x5 Warm Up	1	Time E/A	/	3 /	3 /	3 /	3 /	3 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
2	Ear Accupressure	1	Time E/A	/	2 /	2 /	2 /	2 /	2 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
3	Elementary Listening	1	Time E/A	/	3 /	3 /	3 /	3 /	3 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
14	Peripheral Hearing	2	Time E/A	/	0 /	0 /	0 /	0 /	0 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
16	Coffee Sniffing	2	Time E/A	/	1 /	1 /	1 /	1 /	1 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
23	Salivation	1	Time E/A	/	2 /	2 /	2 /	2 /	2 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
24	Mouth Stretch	1	Time E/A	/	2 /	2 /	2 /	2 /	2 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
28	Finger Taps	1	Time E/A	/	3 /	3 /	3 /	3 /	3 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
31	Visible Ten Finger Touch	1	Time E/A	/	3 /	3 /	3 /	3 /	3 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
			<b>Time E/A</b>	<b>0 /</b>	<b>19 /</b>	<b>19 /</b>	<b>19 /</b>	<b>19 /</b>	<b>19 /</b>	<b>0 /</b>
									<b>Total Weekly Time</b>	<b>95 /</b>
									<b>Average Time per Day</b>	<b>13.6 /</b>



The 15 Minute Fix: SENSES

Workout Title: ON THE GO SAMPLE

Week of: \_\_\_\_\_

Exercise	Times/Day		Sun	Mon	Tue	Wed	Thus	Fri	Sat	
2	Ear Accupressure	1	Time E/A	/	2 /	2 /	2 /	2 /	2 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
3	Elementary Listening	1	Time E/A	/	3 /	3 /	3 /	3 /	3 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
5	Hear and There	1	Time E/A	/	1 /	1 /	1 /	1 /	1 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
15	Sniffing	1	Time E/A	/	3 /	3 /	3 /	3 /	3 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
18	Indistinct Smell Awareness	1	Time E/A	/	2 /	2 /	2 /	2 /	2 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
22	Slurping	1	Time E/A	/	0 /	0 /	0 /	0 /	0 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
26	Exercise While You Eat	1	Time E/A	/	0 /	0 /	0 /	0 /	0 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
31	Visible Ten Finger Touch	1	Time E/A	/	3 /	3 /	3 /	3 /	3 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
32	Blind Ten Finger Touch	1	Time E/A	/	3 /	3 /	3 /	3 /	3 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
			<b>Time E/A</b>	<b>0 /</b>	<b>17 /</b>	<b>17 /</b>	<b>17 /</b>	<b>17 /</b>	<b>17 /</b>	<b>0 /</b>
									<b>Total Weekly Time</b>	<b>85 /</b>
									<b>Average Time per Day</b>	<b>12.1 /</b>