



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							
4	Ear Pinches	1	Time E/A	2 /	2 /	2 /	/	2 /	2 /	2 /
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
2	Browbeater	1	Time E/A	2 /	/	2 /	/	2 /	/	2 /
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
13	Standing Forward Bend	1	Time E/A	/	2 /	2 /	2 /	2 /	2 /	/
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
15	Indonesian Scalp Massage	1	Time E/A	3 /	3 /	/	3 /	/	3 /	3 /
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
16	Brow Smoother	1	Time E/A	1 /	1 /	/	1 /	/	1 /	1 /
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
18	Mid Scalp Massage	1	Time E/A	3 /	3 /	/	3 /	/	3 /	3 /
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
19	Side Scalp Massage	1	Time E/A	3 /	/	3 /	3 /	3 /	/	3 /
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
20	Climbing Massage	1	Time E/A	2 /	2 /	2 /	/	2 /	2 /	2 /
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
			Time E/A	16 /	16 /	14 /	15 /	14 /	16 /	16 /
									Total Weekly Time	107 /
									Average Time per Day	15.3 /

The 15 Minute Fix: SCALP

Workout Title: ENERGY & AWARENESS SAMP Week of: _____

Exercise		Times/Day		Sun	Mon	Tue	Wed	Thus	Fri	Sat
1	5x5 Warm Up	1	Time E/A	/	3 /	/	3 /	/	3 /	/
			Reps/Sets	/	/	/	/	/	/	
			Notes							
4	Ear Pinches	1	Time E/A	2 /	2 /	2 /	2 /	2 /	2 /	2 /
			Reps/Sets	/	/	/	/	/	/	
			Notes							
5	Groucho's	1	Time E/A	/	2 /	/	2 /	/	2 /	/
			Reps/Sets	/	/	/	/	/	/	
			Notes							
12	Drama Queen	1	Time E/A	/	/	3 /	/	3 /	/	/
			Reps/Sets	/	/	/	/	/	/	
			Notes							
15	Indonesian Scalp Massage	1	Time E/A	3 /	3 /	3 /	3 /	3 /	3 /	3 /
			Reps/Sets	/	/	/	/	/	/	
			Notes							
21	Fingertip Friction	1	Time E/A	/	/	3 /	/	3 /	/	/
			Reps/Sets	/	/	/	/	/	/	
			Notes							
23	Fingertip Massage	1	Time E/A	/	4 /	/	4 /	/	4 /	/
			Reps/Sets	/	/	/	/	/	/	
			Notes							
24	Crown Acupressure	1	Time E/A	/	2 /	/	2 /	/	2 /	/
			Reps/Sets	/	/	/	/	/	/	
			Notes							
25	Balayam	1	Time E/A	/	5 /	5 /	5 /	5 /	5 /	/
			Reps/Sets	/	/	/	/	/	/	
			Notes							
Time E/A				5 /	21 /	16 /	21 /	16 /	21 /	5 /
Total Weekly Time										105 /
Average Time per Day										15.0 /



The 15 Minute Fix: SCALP

Workout Title: FOREHEAD 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 /
			Reps/Sets	/	/	/	/	/	/
			Notes						
2	Browbeater	1	Time E/A	/	2 /	/	/	2 /	/
			Reps/Sets	/	/	/	/	/	/
			Notes						
3	Frown Remover	1	Time E/A	/	/	2 /	/	/	2 /
			Reps/Sets	/	/	/	/	/	/
			Notes						
5	Groucho's	1	Time E/A	2 /	/	/	2 /	/	/
			Reps/Sets	/	/	/	/	/	/
			Notes						
8	Cheek Discovery/ Alternating Ear Pulls	1	Time E/A	5 /	5 /	5 /	5 /	5 /	/
			Reps/Sets	/	/	/	/	/	/
			Notes						
11	Head Drops	1	Time E/A	2 /	/	2 /	/	2 /	/
			Reps/Sets	/	/	/	/	/	/
			Notes						
12	Drama Queen	1	Time E/A	/	3 /	/	3 /	/	3 /
			Reps/Sets	/	/	/	/	/	/
			Notes						
16	Brow Smoother	1	Time E/A	/	1 /	1 /	/	1 /	1 /
			Reps/Sets	/	/	/	/	/	/
			Notes						
15	Indonesian Scalp Massage	1	Time E/A	3 /	3 /	3 /	3 /	3 /	3 /
			Reps/Sets	/	/	/	/	/	/
			Notes						
Time E/A			15 /	17 /	16 /	16 /	16 /	17 /	6 /
Total Weekly Time									103 /
Average Time per Day									14.7 /



The 15 Minute Fix: SCALP

Workout Title: FULL SCALP WORKOUT SAMPL Week of: _____

Exercise	Times/Day		Sun	Mon	Tue		Thus	Fri	Sat	
23	Fingertip Massage	1	Time E/A	/	4 /	/	/	4 /	/	4 /
			Reps/Sets	/	/	/	/	/	/	/
			Notes							
20	Climbing Massage	1	Time E/A	2 /	/	/	2 /	/	/	2 /
			Reps/Sets	/	/	/	/	/	/	
			Notes							
18	Mid Scalp Massage	1	Time E/A	/	/	3 /	/	/	3 /	3 /
			Reps/Sets	/	/	/	/	/	/	
			Notes							
11	Head Drops	1	Time E/A	/	2 /	/	2 /	/	2 /	2 /
			Reps/Sets	/	/	/	/	/	/	
			Notes							
14	Legs Up	1	Time E/A	2 /	/	2 /	/	2 /	/	/
			Reps/Sets	/	/	/	/	/	/	
			Notes							
8	Cheek Discovery/ Alternating Ear Pulls	1	Time E/A	5 /	/	5 /	5 /	/	5 /	/
			Reps/Sets	/	/	/	/	/	/	
			Notes							
7	Ear Discovery/Ear Pulls	1	Time E/A	5 /	5 /	/	5 /	5 /	/	/
			Reps/Sets	/	/	/	/	/	/	
			Notes							
15	Indonesian Scalp Massage	1	Time E/A	/	3 /	/	3 /	/	3 /	3 /
			Reps/Sets	/	/	/	/	/	/	
			Notes							
25	Balayam	1	Time E/A	5 /	/	5 /	/	5 /	/	/
			Reps/Sets	/	/	/	/	/	/	
			Notes							
Time E/A			19 /	14 /	15 /	17 /	16 /	13 /	14 /	
			Total Weekly Time							108 /
			Average Time per Day							15.4 /



The 15 Minute Fix: SCALP

Workout Title: DESK WORKOUT SAMPLE

Week of: _____

Exercise		Times/Day		Sun	Mon	Tue	Wed	Thus	Fri	Sat
1	5x5 Warm Up	1	Time E/A Reps/Sets Notes	/	3 /	3 /	3 /	3 /	3 /	/
3	Frown Remover	1	Time E/A Reps/Sets Notes	/	2 /	2 /	2 /	2 /	2 /	/
21	Fingertip Friction	1	Time E/A Reps/Sets Notes	/	/	3 /	/	3 /	/	/
18	Mid Scalp Massage	1	Time E/A Reps/Sets Notes	/	/	/	3 /	/	/	/
19	Side Scalp Massage	1	Time E/A Reps/Sets Notes	/	3 /	/	/	/	3 /	/
8	Cheek Discovery/ Alternating Ear Pulls	1	Time E/A Reps/Sets Notes	/	5 /	5 /	5 /	5 /	5 /	/
7	Ear Discovery/Ear Pulls	1	Time E/A Reps/Sets Notes	/	5 /	5 /	5 /	5 /	5 /	/
13	Standing Forward Bend	1	Time E/A Reps/Sets Notes	/	/	2 /	/	2 /	/	/
15	Indonesian Scalp Massage	1	Time E/A Reps/Sets Notes	/	3 /	/	3 /	/	3 /	/
Time E/A				0 /	21 /	20 /	21 /	20 /	21 /	0 /
Total Weekly Time										103 /
Average Time per Day										14.7 /



Exercise	Times/Day		Sun	Mon	Tue	Wed	Thus	Fri	Sat
1	5x5 Warm Up	1	Time E/A	3 /	/	3 /	/	3 /	/
			Reps/Sets	/	/	/	/	/	/
			Notes						
4	Ear Pinches	1	Time E/A	/	2 /	/	2 /	/	/
			Reps/Sets	/	/	/	/	/	/
			Notes						
13	Standing Forward Bend	1	Time E/A	2 /	/	/	/	/	2 /
			Reps/Sets	/	/	/	/	/	/
			Notes						
15	Indonesian Scalp Massage	1	Time E/A	3 /	/	/	/	/	3 /
			Reps/Sets	/	/	/	/	/	/
			Notes						
7	Ear Discovery/Ear Pulls	1	Time E/A	5 /	5 /	/	5 /	/	5 /
			Reps/Sets	/	/	/	/	/	/
			Notes						
8	Cheek Discovery/ Alternating Ear Pulls	1	Time E/A	5 /	/	5 /	/	/	5 /
			Reps/Sets	/	/	/	/	/	/
			Notes						
18	Mid Scalp Massage	1	Time E/A	3 /	/	/	/	/	3 /
			Reps/Sets	/	/	/	/	/	/
			Notes						
19	Side Scalp Massage	1	Time E/A	3 /	/	/	/	/	3 /
			Reps/Sets	/	/	/	/	/	/
			Notes						
25	Balayam	1	Time E/A	/	5 /	5 /	5 /	5 /	/
			Reps/Sets	/	/	/	/	/	/
			Notes						
Time E/A			24 /	12 /	13 /	12 /	13 /	12 /	24 /
Total Weekly Time									110 /
Average Time per Day									15.7 /