

In each bite, chew 30 times!

Place this tower on your table for 21 days and get into the habit of chewing each mouthful 30 times. If you find it easier to keep track by filling in the table, please use it.

Date	/	/	/	/	/	/	/	/	/	/	/	/	/	/
break fast														
lunch														
dinner														
	/	/	/	/	/	/	/	/						

【How to make】

Streak to fold on white lines ①, ②, ③, and ④.

Next, cut out the outline, glue it to ⑤, and attach it to ⑥.

