

# MY SEECRET<sup>®</sup> WAY

your name \_\_\_\_\_

seecret  
by Hapro

Seecret <sup>®</sup>	1	2	3	4	5	6	7	8	9	10
Date										
Seecret <sup>®</sup>	11	12	13	14	15	16	17	18	19	20
Date										
Seecret <sup>®</sup>	21	22	23	24	25	26	27	28	29	30
Date										

## Get the optimal Seecret<sup>®</sup> effect:

- 10 to 12 weeks in a row
- 2 to 3 sessions a week
- 12 minutes each
- intervals of 2 to 3 days
- keep it up with one session every two weeks

