



# YOUR CALENDAR FOR OPTIMAL USE

Regular use is important !

Circle here the dates on which you used  
ExAller.

## January

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |  
14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24  
| 25 | 26 | 27 | 28 | 29 | 30 | 31

## February

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |  
14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24  
| 25 | 26 | 27 | 28 | 29

## March

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |  
14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24  
| 25 | 26 | 27 | 28 | 29 | 30 | 31

## April

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |  
14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24  
| 25 | 26 | 27 | 28 | 29 | 30

## May

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |  
14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24  
| 25 | 26 | 27 | 28 | 29 | 30 | 31

## June

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |  
14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24  
| 25 | 26 | 27 | 28 | 29 | 30

## July

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |  
14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24  
| 25 | 26 | 27 | 28 | 29 | 30 | 31

## August

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |  
14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24  
| 25 | 26 | 27 | 28 | 29 | 30 | 31

## September

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |  
14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24  
| 25 | 26 | 27 | 28 | 29 | 30

## October

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |  
14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24  
| 25 | 26 | 27 | 28 | 29 | 30 | 31

## November

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |  
14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24  
| 25 | 26 | 27 | 28 | 29 | 30

## December

1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |  
14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24  
| 25 | 26 | 27 | 28 | 29 | 30 | 31

**ELIMINATE**  
DUST MITES



per week  
for the first  
3 weeks

**PREVENT**  
FURTHER OCCURENCE



per  
month

