Week 1 - Purpose: Awakening muscles and tongue stretch

Exercise	Monday		Tu	esda	ıy	We	dnes	day	Thu	ursd	ay	Friday			Saturday			Sunday			
PUMP (1x air, 2x water) 4 tsp salt in 4 oz warm water																					
Marshmallow twist with string (3x)																					
Waggle Spot 10 x																					
Motor Boat (breathe in through nose then blow out)																					
Pucker Power 10 x																					
Tongue hold on 'spot' (mouth open, 10 seconds)																					

Week 2 - Purpose: Tongue tip resistance training

Exercise	М	Monday		Tuesday		We	dnes	day	Thu	ursd	ay	Friday			Saturday			Sunday			
Tongue point and trace)10 seconds point then 5 sec point back to soft palate 5x																					
Tongue pops																					
20x																					
Waggle Spot 10 x																					
Elastic swallow (tongue on spot/lips open)																					
Cotton roll, tongue to spot 30 min 1x/day																					
Ta ta ta, Da da da, La, la la, 10x																					

Week 3 - Purpose: Mid tongue strength and coordination

Exercise	М	onda	ay	Tu	esda	ıy	We	dnes	day	Thu	ursd	ay	Fri	day	Sat	urda	ау	Sunday		
Elastic Swallow (tongue on spot, bite and lips open) 12x																				
Caves (retained tongue pop) Count to 10, 5x																				
Deep nasal breathing (inhale stomach out- exhale stomach in) 5 minutes																				
Correct Chew																				
Pucker Power 20 x																				
Button pull 30x																				
Marshmallow twist 3 x																				
Tongue depressor push-ups 5 x (right, left, down, up)																				

Week 4 - Purpose: Back of tongue strength

Exercise	Monday	Tuesday			Wednesday				Thursday			Friday			Saturday			Sunday			
K swallows																					
6x each																					
3 finger measure																					
Chop chew chin chap chain																					
Jam jeep jerry jet joke																					
Each peach reach teach much																					
10x																					
Deep nasal breathing (inhale stomach out- exhale stomach in) 5 minutes																					
Caves 10 count hold 5x																					
2 elastic swallow 12x Bite, lips open																					
Perfect Chew																					
Marshmallow twist 3 x																					
Button pull 40x																					

Week 5 & 6 - Purpose: Tongue strength

The weeks 5 & 6 allow one to continue to practice strengthening the back of the tongue while targeting coordination during swallows. Remember, a good swallow is with a tongue that goes backward (does not thrust forward).

Exercise	Monday	onday Tue			W	edn	esday	/ T	hurso	day	Friday			Saturday			Sunday			
K swallows																				
6x each																				
3 finger measure																				
Chop chew chin chap chain																				
Jam jeep jerry jet joke																				
Each peach reach teach much																				
10x																				
Deep nasal breathing (inhale stomach out- exhale stomach in) 5 minutes																				
Caves 10 count hold 5x																				
2 elastic swallow 12x Bite, lips open																				
Perfect Chew																				
Marshmallow twist 3 x																				
Button pull																				
40x																				

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And Two additional exercises:

- **1. Sip liquid swallow:** Same type of swallow as week 4 but you do it during a swallow of liquid (all liquids anytime you sip water/liquid but at least 20 times throughout the day).
- Lips open, bite teeth, swallow.
- **2. Cracker swallow:** Practice the 'perfect chew', but in one sitting.
 - eat a cracker or something that allows you to chew 15 times each side, then swallow.

Week 6: Repeat week 5 exercises