

Create the Outline of Your Throat Body Map

- Take a photo of your throat from your shoulders to your ears.



- Print out the photo in black and white



- Cut out your throat picture or I'm using mine the way it came out of the printer.



- If you cut out your throat picture — glue it to an 8.5 x 11 piece of paper



- Place the outline of your throat body map in your 3-ring binder

