

32 Parts of the Body Weekly Practices

Week 1:	Wednesday, October 7, 2020	(F) Head hair, Body hair, Nails, Teeth, Skin
Week 2:	Wednesday, October 14, 2020	(B) Skin, Teeth, Nails, Body Hair, Head Hair
Week 3:	Wednesday, October 21, 2020	(F & B) Head hair, Body hair, Nails, Teeth, Skin Skin, Teeth, Nails, Body Hair, Head Hair
Week 4:	Wednesday, October 28, 2020	(F) Flesh, Sinews, Bones, Bone Marrow, Kidneys
Week 5:	Wednesday, November 4, 2020	(B) Kidneys, Bone Marrow, Bones, Sinews, Flesh
Week 6:	Wednesday, November 11, 2020	(F&B) Flesh, Sinews, Bones, Bone Marrow, Kidneys Kidneys, Bone Marrow, Bones, Sinews, Flesh
Week 7:	Wednesday, November 18, 2020	(F) Head hair, Body hair, Nails, Teeth, Skin Flesh, Sinews, Bones, Bone Marrow, Kidneys
Week 8:	Wednesday, November 25, 2020	(B) Kidneys, Bone Marrow, Bones, Sinews, Flesh Skin, Teeth, Nails, Body Hair, Head Hair
Week 9:	Wednesday, December 2, 2020	(F&B) Head hair, Body hair, Nails, Teeth, Skin Flesh, Sinews, Bones, Bone Marrow, Kidneys Kidneys, Bone Marrow, Bones, Sinews, Flesh Skin, Teeth, Nails, Body Hair, Head Hair
Week 10:	Wednesday, December 9, 2020	(F) Heart, Liver, Diaphragm, Spleen, Lungs
Week 11:	Wednesday, December 16, 2020	(B) Lungs, Spleen, Diaphragm, Liver, Heart
Week 12:	Wednesday, December 23, 2020	(F&B) Heart, Liver, Diaphragm, Spleen, Lungs Lungs, Spleen, Diaphragm, Liver, Heart
Week 13:	Wednesday, December 30, 2020	(F) Head hair, Body hair, Nails, Teeth, Skin Flesh, Sinews, Bones, Bone Marrow, Kidneys Heart, Liver, Diaphragm, Spleen, Lungs
Week 14:	Wednesday, January 6, 2021	(B) Lungs, Spleen, Diaphragm, Liver, Heart, Kidneys, Bone Marrow, Bones, Sinews, Flesh Skin, Teeth, Nails, Body Hair, Head Hair
Week 15:	Wednesday, January 13, 2021	(F&B) Head hair, Body hair, Nails, Teeth, Skin Flesh, Sinews, Bones, Bone Marrow, Kidneys Heart, Liver, Diaphragm, Spleen, Lungs Lungs, Spleen, Diaphragm, Liver, Heart, Kidneys, Bone Marrow, Bones, Sinews, Flesh Skin, Teeth, Nails, Body Hair, Head Hair
Week 16:	Wednesday, January 20, 2021	(F) Large Intestines, Small Intestines, Stomach, Feces, Brain
Week 17:	Wednesday, January 27, 2021	(B) Brain, Feces, Stomach, Small Intestines, Large Intestines
Week 18:	Wednesday, February 3, 2021	(F&B) Large Intestines, Small Intestines, Stomach, Feces, Brain Brain, Feces, Stomach, Small Intestines, Large Intestines
Week 19:	Wednesday, February 10, 2021	(F) Head hair, Body hair, Nails, Teeth, Skin Flesh, Sinews, Bones, Bone Marrow, Kidneys Heart, Liver, Diaphragm, Spleen, Lungs Large Intestines, Small Intestines, Stomach, Feces, Brain
Week 20:	Wednesday, February 17, 2021	(B) Brain, Feces, Stomach, Small Intestines, Large Intestines Lungs, Spleen, Diaphragm, Liver, Heart, Kidneys, Bone Marrow, Bones, Sinews, Flesh Skin, Teeth, Nails, Body Hair, Head Hair
Week 21:	Wednesday, February 24, 2021	(F&B) Head hair, Body hair, Nails, Teeth, Skin Flesh, Sinews, Bones, Bone Marrow, Kidneys Heart, Liver, Diaphragm, Spleen, Lungs Large Intestines, Small Intestines, Stomach, Feces, Brain Brain, Feces, Stomach, Small Intestines, Large Intestines Lungs, Spleen, Diaphragm, Liver, Heart, Kidneys, Bone Marrow, Bones, Sinews, Flesh Skin, Teeth, Nails, Body Hair, Head Hair
Week 22:	Wednesday, March 3, 2021	(F) Bile, Phlegm, Pus, Blood, Sweat, Fat

Week 23:	Wednesday, March 10, 2021	(B) Fat, Sweat, Blood, Pus, Phlegm, Bile
Week 24:	Wednesday, March 17, 2021	(F&B) Bile, Phlegm, Pus, Blood, Sweat, Fat Fat, Sweat, Blood, Pus, Phlegm, Bile
Week 25:	Wednesday, March 24, 2021	(F) Head hair, Body hair, Nails, Teeth, Skin Flesh, Sinews, Bones, Bone Marrow, Kidneys Heart, Liver, Diaphragm, Spleen, Lungs Large Intestines, Small Intestines, Stomach, Feces, Brain Bile, Phlegm, Pus, Blood, Sweat, Fat
Week 26:	Wednesday, March 31, 2021	(B) Fat, Sweat, Blood, Pus, Phlegm, Bile Brain, Feces, Stomach, Small Intestines, Large Intestines Lungs, Spleen, Diaphragm, Liver, Heart, Kidneys, Bone Marrow, Bones, Sinews, Flesh Skin, Teeth, Nails, Body Hair, Head Hair
Week 27:	Wednesday, April 7, 2021	(F&B) Head hair, Body hair, Nails, Teeth, Skin Flesh, Sinews, Bones, Bone Marrow, Kidneys Heart, Liver, Diaphragm, Spleen, Lungs Large Intestines, Small Intestines, Stomach, Feces, Brain Bile, Phlegm, Pus, Blood, Sweat, Fat Fat, Sweat, Blood, Pus, Phlegm, Bile Brain, Feces, Stomach, Small Intestines, Large Intestines Lungs, Spleen, Diaphragm, Liver, Heart, Kidneys, Bone Marrow, Bones, Sinews, Flesh Skin, Teeth, Nails, Body Hair, Head Hair
Week 28:	Wednesday, April 14, 2021	(F) Tears, Grease, Saliva, Mucus, Oil of the Joints, Urine
Week 29:	Wednesday, April 21, 2021	(B) Urine, Oil of the Joints, Mucus, Saliva, Grease, Tears
Week 30:	Wednesday, April 28, 2021	(F&B) Tears, Grease, Saliva, Mucus, Oil of the Joints, Urine Urine, Oil of the Joints, Mucus, Saliva, Grease, Tears
Week 31:	Wednesday, May 5, 2021	(F) Head hair, Body hair, Nails, Teeth, Skin Flesh, Sinews, Bones, Bone Marrow, Kidneys Heart, Liver, Diaphragm, Spleen, Lungs Large Intestines, Small Intestines, Stomach, Feces, Brain Bile, Phlegm, Pus, Blood, Sweat, Fat Tears, Grease, Saliva, Mucus, Oil of the Joints, Urine
Week 32:	Wednesday, May 12, 2021	(B) Urine, Oil of the Joints, Mucus, Saliva, Grease, Tears Fat, Sweat, Blood, Pus, Phlegm, Bile Brain, Feces, Stomach, Small Intestines, Large Intestines Lungs, Spleen, Diaphragm, Liver, Heart, Kidneys, Bone Marrow, Bones, Sinews, Flesh Skin, Teeth, Nails, Body Hair, Head Hair
Week 33:	Wednesday, May 19, 2021	(F&B) Head hair, Body hair, Nails, Teeth, Skin Flesh, Sinews, Bones, Bone Marrow, Kidneys Heart, Liver, Diaphragm, Spleen, Lungs Large Intestines, Small Intestines, Stomach, Feces, Brain Bile, Phlegm, Pus, Blood, Sweat, Fat Tears, Grease, Saliva, Mucus, Oil of the Joints, Urine Urine, Oil of the Joints, Mucus, Saliva, Grease, Tears Fat, Sweat, Blood, Pus, Phlegm, Bile Brain, Feces, Stomach, Small Intestines, Large Intestines Lungs, Spleen, Diaphragm, Liver, Heart, Kidneys, Bone Marrow, Bones, Sinews, Flesh Skin, Teeth, Nails, Body Hair, Head Hair