

Facial Exercise Diary

50 Reps x 3 Weeks
and
100 Reps x 3 Weeks

Series 1**Week 1 – Exercise Along with Me – Series 1 – Level 1 - 50 Repetitions - Easy**

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
am/pm	Rest Day	50 Reps	50 Reps	50 Reps	50 Reps	50 Reps	Beauty Treatments
							Massage
am/pm		Face Yoga	Face Yoga	Face Yoga	Face Yoga	Face Yoga	Acupressure
							Face Healing

Week 2 – Exercise Along with Me – Series 1– Level 1 - 50 Repetitions - Easy

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
am/pm	Rest Day	50 Reps	50 Reps	50 Reps	50 Reps	50 Reps	Beauty Treatments
							Massage
am/pm		Face Yoga	Face Yoga	Face Yoga	Face Yoga	Face Yoga	Acupressure
							Face Healing

Week 3 – Exercise Along with Me – Series 1 – Level 1 - 50 Repetitions - Easy

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
am/pm	Rest Day	50 Reps	50 Reps	50 Reps	50 Reps	50 Reps	Beauty Treatments
							Massage
am/pm		Face Yoga	Face Yoga	Face Yoga	Face Yoga	Face Yoga	Acupressure
							Face Healing

Week 4 – Exercise Along with Me – Series 1 – Level 2 - 100 Repetitions - Moderate

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
am/pm	Rest Day	100 Reps	100 Reps	100 Reps	100 Reps	100 Reps	Beauty Treatments
							Massage
am/pm		Face Yoga	Face Yoga	Face Yoga	Face Yoga	Face Yoga	Acupressure
							Face Healing

Week 5 – Exercise Along with Me – Series 1 – Level 2 - 100 Repetitions - Moderate

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
am/pm	Rest Day	100 Reps	100 Reps	100 Reps	100 Reps	100 Reps	Beauty Treatments
							Massage
am/pm		Face Yoga	Face Yoga	Face Yoga	Face Yoga	Face Yoga	Acupressure
							Face Healing

Week 6 – Exercise Along with Me – Series 1 – Level 2 - 100 Repetitions - Moderate

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
am/pm	Rest Day	100 Reps	100 Reps	100 Reps	100 Reps	100 Reps	Beauty Treatments
							Massage
am/pm		Face Yoga	Face Yoga	Face Yoga	Face Yoga	Face Yoga	Acupressure
							Face Healing

Week 7 – No Facial Exercising this Week – Learn Series 2 Exercises – Learn one Exercise a Day

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
	Rest Day	Forehead	Eyes	Crow's Feet	Nasolabial Folds	Cheeks	Neck

Series 2							
Week 1 – Exercise Along with Me – Series 2 – Level 1 - 50 Repetitions - Easy							
	Sun	Mon	Tues	Wed	Thur	Fri	Sat
am/pm	Rest Day	50 Reps	50 Reps	50 Reps	50 Reps	50 Reps	Beauty Treatments
							Massage
am/pm		Face Yoga	Face Yoga	Face Yoga	Face Yoga	Face Yoga	Acupressure
							Face Healing
Week 2 – Exercise Along with Me – Series 2 – Level 1 - 50 Repetitions - Easy							
	Sun	Mon	Tues	Wed	Thur	Fri	Sat
am/pm	Rest Day	50 Reps	50 Reps	50 Reps	50 Reps	50 Reps	Beauty Treatments
							Massage
am/pm		Face Yoga	Face Yoga	Face Yoga	Face Yoga	Face Yoga	Acupressure
							Face Healing
Week 3 – Exercise Along with Me – Series 2 – Level 1 - 50 Repetitions - Easy							
	Sun	Mon	Tues	Wed	Thur	Fri	Sat
am/pm	Rest Day	50 Reps	50 Reps	50 Reps	50 Reps	50 Reps	Beauty Treatments
							Massage
am/pm		Face Yoga	Face Yoga	Face Yoga	Face Yoga	Face Yoga	Acupressure
							Face Healing
Week 4 – Exercise Along with Me – Series 2 – Level 2 – 100 Repetitions - Moderate							
	Sun	Mon	Tues	Wed	Thur	Fri	Sat
am/pm	Rest Day	100 Reps	100 Reps	100 Reps	100 Reps	100 Reps	Beauty Treatments
							Massage
am/pm		Face Yoga	Face Yoga	Face Yoga	Face Yoga	Face Yoga	Acupressure
							Face Healing
Week 5 – Exercise Along with Me – Series 2 – Level 2 – 100 Repetitions - Moderate							
	Sun	Mon	Tues	Wed	Thur	Fri	Sat
am/pm	Rest Day	100 Reps	100 Reps	100 Reps	100 Reps	100 Reps	Beauty Treatments
							Massage
am/pm		Face Yoga	Face Yoga	Face Yoga	Face Yoga	Face Yoga	Acupressure
							Face Healing
Week 6 – Exercise Along with Me – Series 2 – Level 2 – 100 Repetitions - Moderate							
	Sun	Mon	Tues	Wed	Thur	Fri	Sat
am/pm	Rest Day	100 Reps	100 Reps	100 Reps	100 Reps	100 Reps	Beauty Treatments
							Massage
am/pm		Face Yoga	Face Yoga	Face Yoga	Face Yoga	Face Yoga	Acupressure
							Face Healing
Week 7 – No Facial Exercising this Week – Learn Series 3 Exercises – Learn one Exercise a Day							
	Sun	Mon	Tues	Wed	Thur	Fri	Sat
	Rest Day	Forehead	Eyes	Crow's Feet	Nasolabial Folds	Cheeks	Chin & Neck

Series 3

Week 1 – Exercise Along with Me – Series 3 – Level 1 - 50 Repetitions - Easy

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
am/pm	Rest Day	50 Reps	50 Reps	50 Reps	50 Reps	50 Reps	Beauty Treatments
							Massage
am/pm		Face Yoga	Face Yoga	Face Yoga	Face Yoga	Face Yoga	Acupressure
							Face Healing

Week 2 – Exercise Along with Me – Series 3 – Level 1 - 50 Repetitions - Easy

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
am/pm	Rest Day	50 Reps	50 Reps	50 Reps	50 Reps	50 Reps	Beauty Treatments
							Massage
am/pm		Face Yoga	Face Yoga	Face Yoga	Face Yoga	Face Yoga	Acupressure
							Face Healing

Week 3 – Exercise Along with Me – Series 3 – Level 1 - 50 Repetitions - Easy

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
am/pm	Rest Day	50 Reps	50 Reps	50 Reps	50 Reps	50 Reps	Beauty Treatments
							Massage
am/pm		Face Yoga	Face Yoga	Face Yoga	Face Yoga	Face Yoga	Acupressure
							Face Healing

Week 4 – Exercise Along with Me – Series 3 – Level 2 - 100 Repetitions - Moderate

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
am/pm	Rest Day	100 Reps	100 Reps	100 Reps	100 Reps	100 Reps	Beauty Treatments
							Massage
am/pm		Face Yoga	Face Yoga	Face Yoga	Face Yoga	Face Yoga	Acupressure
							Face Healing

Week 5 – Exercise Along with Me – Series 3 – Level 2 - 100 Repetitions - Moderate

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
am/pm	Rest Day	100 Reps	100 Reps	100 Reps	100 Reps	100 Reps	Beauty Treatments
							Massage
am/pm		Face Yoga	Face Yoga	Face Yoga	Face Yoga	Face Yoga	Acupressure
							Face Healing

Week 6 – Exercise Along with Me – Series 3 – Level 2 - 100 Repetitions - Moderate

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
am/pm	Rest Day	100 Reps	100 Reps	100 Reps	100 Reps	100 Reps	Beauty Treatments
							Massage
am/pm		Face Yoga	Face Yoga	Face Yoga	Face Yoga	Face Yoga	Acupressure
							Face Healing

Week 7 – No Facial Exercising this Week – Learn Series 4 Exercises – Learn one Exercise a Day

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
	Rest Day	Forehead	Eyes	Upper Lip	Jawline	Neck	Rest Day