



Facerobics®
Weekly
Facial Exercise
Diary

MEMBERS EDITION



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
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	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
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	Face Healing

Week 3 – 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
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	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
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	Face Healing

Week 5 – Exercise Along with Me – Series 1 – Level 3 - 150 Repetitions - Strong

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
am/pm	Rest Day	150 Reps	150 Reps	150 Reps	150 Reps	150 Reps	Beauty Treatments
							Massage
am/pm		Face Yoga	Face Yoga	Face Yoga	Face Yoga	Face Yoga	Acupressure
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	Face Healing

Week 6 – Exercise Along with Me – Series 1 – Level 3 - 150 Repetitions - Strong

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
am/pm	Rest Day	150 Reps	150 Reps	150 Reps	150 Reps	150 Reps	Beauty Treatments
							Massage
am/pm		Face Yoga	Face Yoga	Face Yoga	Face Yoga	Face Yoga	Acupressure
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	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
am/pm	Rest Day						
		Forehead	Eyes	Crows Feet	Nasolabial Folds	Cheeks	Neck
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	



My Progress Pictures – Series 1 – These will be your “Before Pictures”

BEFORE S1 - RIGHT SIDE VIEW

BEFORE S1 - LEFT SIDE VIEW

BEFORE S1 – FRONT VIEW



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
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	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
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	Face Healing

Week 3 – 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
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	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
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	Face Healing

Week 5 – Exercise Along with Me – Series 2 – Level 3 - 150 Repetitions - Strong

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
am/pm	Rest Day	150 Reps	150 Reps	150 Reps	150 Reps	150 Reps	Beauty Treatments
							Massage
am/pm		Face Yoga	Face Yoga	Face Yoga	Face Yoga	Face Yoga	Acupressure
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	Face Healing

Week 6 – Exercise Along with Me – Series 2 – Level 3 - 150 Repetitions - Strong

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
am/pm	Rest Day	150 Reps	150 Reps	150 Reps	150 Reps	150 Reps	Beauty Treatments
							Massage
am/pm		Face Yoga	Face Yoga	Face Yoga	Face Yoga	Face Yoga	Acupressure
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	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
am/pm	Rest Day						
		Forehead	Eyes	Crow's Feet	Nasolabial Folds	Cheeks	Chin & Neck
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	



My Progress Pictures – Series 2 – These will be your “After Pictures”

AFTER S2 - RIGHT SIDE VIEW

AFTER S2 - LEFT SIDE VIEW

AFTER S2 – FRONT VIEW



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
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	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
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	Face Healing
Week 3 – 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
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	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
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	Face Healing
Week 5 – Exercise Along with Me – Series 3 – Level 3 - 150 Repetitions - Strong							
	Sun	Mon	Tues	Wed	Thur	Fri	Sat
am/pm	Rest Day	150 Reps	150 Reps	150 Reps	150 Reps	150 Reps	Beauty Treatments
							Massage
am/pm		Face Yoga	Face Yoga	Face Yoga	Face Yoga	Face Yoga	Acupressure
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	Face Healing
Week 6 – Exercise Along with Me – Series 3 – Level 3 - 150 Repetitions - Strong							
	Sun	Mon	Tues	Wed	Thur	Fri	Sat
am/pm	Rest Day	150 Reps	150 Reps	150 Reps	150 Reps	150 Reps	Beauty Treatments
							Massage
am/pm		Face Yoga	Face Yoga	Face Yoga	Face Yoga	Face Yoga	Acupressure
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	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
am/pm	Rest Day	Forehead	Eyes	Naso Fold / Upper Lip	Jawline	Neck	Rest Day
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	
am/pm							



My Progress Pictures – Series 3 – These will be your “After Pictures”

Date _____

AFTER S3 - RIGHT SIDE VIEW

AFTER S3 - LEFT SIDE VIEW

AFTER S3 – FRONT VIEW



Series 4							
Week 1 – Exercise Along with Me – Series 4 – 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
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	Face Healing
Week 2 – Exercise Along with Me – Series 4 – 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
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	Face Healing
Week 3 – Exercise Along with Me – Series 4 – 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
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	Face Healing
Week 4 – Exercise Along with Me – Series 4 – 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
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	Face Healing
Week 5 – Exercise Along with Me – Series 4 – Level 3 - 150 Repetitions - Strong							
	Sun	Mon	Tues	Wed	Thur	Fri	Sat
am/pm	Rest Day	150 Reps	150 Reps	150 Reps	150 Reps	150 Reps	Beauty Treatments
							Massage
am/pm		Face Yoga	Face Yoga	Face Yoga	Face Yoga	Face Yoga	Acupressure
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	Face Healing
Week 6 – Exercise Along with Me – Series 4 – Level 3 - 150 Repetitions - Strong							
	Sun	Mon	Tues	Wed	Thur	Fri	Sat
am/pm	Rest Day	150 Reps	150 Reps	150 Reps	150 Reps	150 Reps	Beauty Treatments
							Massage
am/pm		Face Yoga	Face Yoga	Face Yoga	Face Yoga	Face Yoga	Acupressure
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	Face Healing
Week 7 – No Facial Exercising this Week – Learn Series 5 Exercises – Learn one Exercise a Day							
	Sun	Mon	Tues	Wed	Thur	Fri	Sat
am/pm	Rest Day			Lwr Eyes / Upper Cheeks			
		Forehead	Eye Lids		Nasolabial Folds	Lower Cheeks	Chin & Jowls
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	



My Progress Pictures – Series 4 – These will be your “After Pictures”

Date _____

AFTER S4 - RIGHT SIDE VIEW

AFTER S4 - LEFT SIDE VIEW

AFTER S4 – FRONT VIEW



Series 5							
Week 1 – Exercise Along with Me – Series 5 – 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
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	Face Healing
Week 2 – Exercise Along with Me – Series 5 – 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
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	Face Healing
Week 3 – Exercise Along with Me – Series 5 – 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
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	Face Healing
Week 4 – Exercise Along with Me – Series 5 – 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
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	Face Healing
Week 5 – Exercise Along with Me – Series 5 – Level 3 - 150 Repetitions - Strong							
	Sun	Mon	Tues	Wed	Thur	Fri	Sat
am/pm	Rest Day	150 Reps	150 Reps	150 Reps	150 Reps	150 Reps	Beauty Treatments
							Massage
am/pm		Face Yoga	Face Yoga	Face Yoga	Face Yoga	Face Yoga	Acupressure
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	Face Healing
Week 6 – Exercise Along with Me – Series 5 – Level 3 - 150 Repetitions - Strong							
	Sun	Mon	Tues	Wed	Thur	Fri	Sat
am/pm	Rest Day	150 Reps	150 Reps	150 Reps	150 Reps	150 Reps	Beauty Treatments
							Massage
am/pm		Face Yoga	Face Yoga	Face Yoga	Face Yoga	Face Yoga	Acupressure
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	Face Healing
Week 7 – No Facial Exercising this Week – Learn Series 6 Exercises – Learn one Exercise a Day							
	Sun	Mon	Tues	Wed	Thur	Fri	Sat
am/pm	Rest Day						Neck & Chest
		Frown Lines	Eyes	Cheeks	Upper Lips	Middle Cheek	
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	



My Progress Pictures – Series 5 – These will be your “After Pictures”

Date _____

AFTER S5 - RIGHT SIDE VIEW

AFTER S5 - LEFT SIDE VIEW

AFTER S5 – FRONT VIEW



Series 6

Week 1 – Exercise Along with Me – Series 6 – 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
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	Face Healing

Week 2 – Exercise Along with Me – Series 6 – 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
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	Face Healing

Week 3 – Exercise Along with Me – Series 6 – 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
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	Face Healing

Week 4 – Exercise Along with Me – Series 6 – 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
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	Face Healing

Week 5 – Exercise Along with Me – Series 6 – Level 3 - 150 Repetitions - Strong

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
am/pm	Rest Day	150 Reps	150 Reps	150 Reps	150 Reps	150 Reps	Beauty Treatments
							Massage
am/pm		Face Yoga	Face Yoga	Face Yoga	Face Yoga	Face Yoga	Acupressure
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	Face Healing

Week 6 – Exercise Along with Me – Series 6 – Level 3 - 150 Repetitions - Strong

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
am/pm	Rest Day	150 Reps	150 Reps	150 Reps	150 Reps	150 Reps	Beauty Treatments
							Massage
am/pm		Face Yoga	Face Yoga	Face Yoga	Face Yoga	Face Yoga	Acupressure
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	Face Healing

Week 7 – No Facial Exercising this Week – Learn Series 1 Exercises – Learn one Exercise a Day

	Sun	Mon	Tues	Wed	Thur	Fri	Sat
am/pm	Rest Day	Forehead	Eyes	Upper Cheeks	Nose	Lower Cheeks	Neck
am/pm		M/LL/R	M	M/LL/R	M	M/LL/R	



My Progress Pictures – Series 6 – These will be your “After Pictures”

AFTER S6 - RIGHT SIDE VIEW

AFTER S6 - LEFT SIDE VIEW

AFTER S6 – FRONT VIEW