



The 15 Minute Fix: FACE

Workout Title: STRESS RELIEF SAMPLE

Week of: _____

Exercise	Times/Day		Sun	Mon	Tue	Wed	Thus	Fri	Sat	
1	3x5 Chin Stretch	1	2 / Reps/Sets Notes	2 / Reps/Sets Notes	2 / Reps/Sets Notes	2 / Reps/Sets Notes	2 / Reps/Sets Notes	2 / Reps/Sets Notes	/	
2	Contract-Release	1	4 / Reps/Sets Notes	/	4 / Reps/Sets Notes	4 / Reps/Sets Notes	/	4 / Reps/Sets Notes	/	
3	Head Drops	1	2 / Reps/Sets Notes	/	2 / Reps/Sets Notes	2 / Reps/Sets Notes	/	2 / Reps/Sets Notes	/	
4	Ear Pinches	1	2 / Reps/Sets Notes	2 / Reps/Sets Notes	/	2 / Reps/Sets Notes	2 / Reps/Sets Notes	/	/	
5	Face Taps	1	4 / Reps/Sets Notes	4 / Reps/Sets Notes	/	4 / Reps/Sets Notes	4 / Reps/Sets Notes	/	/	
22	Satchmo Cheeks	1	/	3 / Reps/Sets Notes	3 / Reps/Sets Notes	/	3 / Reps/Sets Notes	3 / Reps/Sets Notes	3 /	
41	Blinkers	1	/	1 / Reps/Sets Notes	1 / Reps/Sets Notes	/	1 / Reps/Sets Notes	1 / Reps/Sets Notes	1 /	
6	Morning Glory	1	/	2 / Reps/Sets Notes	2 / Reps/Sets Notes	/	2 / Reps/Sets Notes	2 / Reps/Sets Notes	2 /	
7	Leias	1	2 / Reps/Sets Notes	2 / Reps/Sets Notes	2 / Reps/Sets Notes	2 / Reps/Sets Notes	2 / Reps/Sets Notes	2 / Reps/Sets Notes	2 /	
			Time E/A	16 /	16 /	16 /	16 /	16 /	8 /	
									Total Weekly Time	104 /
									Average Time per Day	14.9 /



The 15 Minute Fix: FACE

Workout Title: ENERGY & AWARENESS SAMPLE

Week of: _____

Exercise	Times/Day		Sun	Mon	Tue	Wed	Thus	Fri	Sat	
2	Contract-Release	1	Time E/A 4 / Reps/Sets / Notes	/	4 /	/	4 /	/	4 /	
3	Head Drops	1	Time E/A / Reps/Sets / Notes	2 /	/	2 /	/	2 /	/	
4	Ear Pinches	1	Time E/A 2 / Reps/Sets / Notes	/	2 /	/	2 /	/	/	
32	Cheeks of Steel	1	Time E/A 2 / Reps/Sets / Notes	/	2 /	/	2 /	/	/	
43	Puff Be Gone	1	Time E/A 1 / Reps/Sets / Notes	/	1 /	/	1 /	/	/	
8	Throat Massage	1	Time E/A / Reps/Sets / Notes	2 /	/	2 /	/	2 /	/	
37	Knuckle Sandwich	1	Time E/A / Reps/Sets / Notes	2 /	/	2 /	/	2 /	/	
50	Drama Queen	1	Time E/A / Reps/Sets / Notes	2 /	/	2 /	/	2 /	/	
5	Face Taps	2	Time E/A 8 / Reps/Sets / Notes	8 /	8 /	8 /	8 /	8 /	8 /	
			Time E/A	17 /	16 /	17 /	16 /	17 /	12 /	
									Total Weekly Time	111 /
									Average Time per Day	15.9 /



The 15 Minute Fix: FACE

Workout Title: TURKEY NECK SAMPLE

Week of: _____

Exercise	Times/Day		Sun	Mon	Tue	Wed	Thus	Fri	Sat	
1	3x5 Chin Stretch	1	Time E/A	2 /	2 /	2 /	2 /	2 /	2 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
3	Head Drops	1	Time E/A	/	2 /	/	2 /	/	2 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
9	Head Lifts	1	Time E/A	4 /	/	4 /	/	4 /	/	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
8	Throat Massage	1	Time E/A	2 /	2 /	2 /	2 /	2 /	2 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
16	Kiss the Sky	1	Time E/A	1 /	1 /	1 /	1 /	1 /	1 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
15	Tongue Wag	1	Time E/A	1 /	1 /	1 /	1 /	1 /	1 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
17	Underbite	1	Time E/A	1 /	1 /	1 /	1 /	1 /	1 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
11	Chewing	1	Time E/A	2 /	2 /	2 /	2 /	2 /	2 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
4	Ear Pinches	1	Time E/A	2 /	2 /	2 /	2 /	2 /	2 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
			Time E/A	15 /	13 /	15 /	13 /	15 /	13 /	11 /
									Total Weekly Time	95 /
									Average Time per Day	13.6 /



The 15 Minute Fix: FACE

Workout Title: LIP & LAUGH LINES SAMPLE

Week of: _____

Exercise	Times/Day		Sun	Mon	Tue	Wed	Thus	Fri	Sat
2	Contract-Release	1	4 /	4 /	4 /	4 /	4 /	4 /	4 /
			/	/	/	/	/	/	/
16	Kiss the Sky	1	/	1 /	1 /	/	1 /	1 /	1 /
			/	/	/	/	/	/	/
21	Lip Over Lip	1	1 /	/	1 /	1 /	/	1 /	1 /
			/	/	/	/	/	/	/
24	Full Face Tightener	1	1 /	1 /	/	1 /	1 /	/	1 /
			/	/	/	/	/	/	/
27	Whee-Boo	1	2 /	2 /	2 /	2 /	2 /	2 /	/
			/	/	/	/	/	/	/
28	Mouth Compass	1	/	2 /	2 /	/	2 /	2 /	2 /
			/	/	/	/	/	/	/
30	Lip Bite	1	2 /	/	2 /	2 /	/	2 /	2 /
			/	/	/	/	/	/	/
31	Lip Lifts	1	2 /	2 /	/	2 /	2 /	/	2 /
			/	/	/	/	/	/	/
5	Face Taps	1	4 /	4 /	4 /	4 /	4 /	4 /	4 /
			/	/	/	/	/	/	/
			Time E/A	16 /	16 /	16 /	16 /	16 /	17 /
							Total Weekly Time		113 /
							Average Time per Day		16.1 /



The 15 Minute Fix: FACE

Workout Title: NOSE JOB SAMPLE

Week of: _____

Exercise	Times/Day		Sun	Mon	Tue	Wed	Thus	Fri	Sat	
2	Contract-Release	1	Time E/A 4 / Reps/Sets / Notes	/	4 /	/	4 /	/	4 /	
3	Head Drops	1	Time E/A / Reps/Sets / Notes	2 /	/	2 /	/	2 /	2 /	
4	Ear Pinches	1	Time E/A 2 / Reps/Sets / Notes	/	2 /	/	2 /	/	2 /	
34	Laugh Line Toner	1	Time E/A / Reps/Sets / Notes	3 /	/	3 /	/	3 /	3 /	
24	Full Face Tightener	1	Time E/A 1 / Reps/Sets / Notes	1 /	1 /	1 /	1 /	1 /	/	
39	Nose Job	1	Time E/A 1 / Reps/Sets / Notes	1 /	1 /	1 /	1 /	1 /	/	
40	Something Smells Funny	1	Time E/A 2 / Reps/Sets / Notes	2 /	2 /	2 /	2 /	2 /	/	
5	Face Taps	1	Time E/A 4 / Reps/Sets / Notes	4 /	4 /	4 /	4 /	4 /	4 /	
7	Leias	1	Time E/A 2 / Reps/Sets / Notes	2 /	2 /	2 /	2 /	2 /	2 /	
			Time E/A	16 /	15 /	16 /	15 /	16 /	17 /	
									Total Weekly Time	110 /
									Average Time per Day	15.7 /



The 15 Minute Fix: FACE

Workout Title: JOWLS SAMPLE

Week of: _____

Exercise	Times/Day		Sun	Mon	Tue	Wed	Thus	Fri	Sat	
3	Head Drops	1	Time E/A	2 /	2 /	2 /	2 /	2 /	2 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
5	Face Taps	1	Time E/A	4 /	4 /	4 /	4 /	4 /	4 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
33	Nose to Mouth Reset	1	Time E/A	2 /	/	2 /	/	2 /	/	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
22	Satchmo Cheeks	1	Time E/A	3 /	/	3 /	/	3 /	/	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
24	Full Face Tightener	1	Time E/A	1 /	1 /	1 /	1 /	1 /	/	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
23	Satchmo on Tour	1	Time E/A	/	3 /	/	3 /	/	3 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
35	Auntie's Cheek Pinch	1	Time E/A	/	2 /	/	2 /	/	2 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
38	Extra Cheeky	1	Time E/A	3 /	/	3 /	/	3 /	/	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
6	Morning Glory	1	Time E/A	2 /	2 /	2 /	2 /	2 /	2 /	
			Reps/Sets	/	/	/	/	/	/	
			Notes							
			Time E/A	17 /	14 /	17 /	14 /	17 /	14 /	8 /
									Total Weekly Time	101 /
									Average Time per Day	14.4 /



The 15 Minute Fix: FACE

Workout Title: CROW'S FEET SAMPLE

Week of: _____

Exercise	Times/Day		Sun	Mon	Tue	Wed	Thus	Fri	Sat	
3	Head Drops	1	2 /	2 /	2 /	2 /	2 /	2 /	2 /	
			/	/	/	/	/	/	/	
4	Ear Pinches	1	2 /	2 /	2 /	2 /	2 /	2 /	2 /	
			/	/	/	/	/	/	/	
45	Squint Pulls	1	2 /	2 /	2 /	/	2 /	/	2 /	
			/	/	/	/	/	/	/	
46	No More Crows	1	/	1 /	1 /	/	1 /	1 /	1 /	
			/	/	/	/	/	/	/	
5	Face Taps	1	4 /	4 /	4 /	/	4 /	4 /	4 /	
			/	/	/	/	/	/	/	
24	Full Face Tightener	1	1 /	1 /	/	1 /	1 /	1 /	/	
			/	/	/	/	/	/	/	
50	Drama Queen	1	2 /	/	2 /	2 /	2 /	2 /	/	
			/	/	/	/	/	/	/	
42	Fresh Eyes	1	1 /	1 /	1 /	1 /	/	1 /	/	
			/	/	/	/	/	/	/	
7	Leias	1	2 /	2 /	2 /	2 /	2 /	2 /	2 /	
			/	/	/	/	/	/	/	
			Time E/A	16 /	15 /	16 /	10 /	16 /	15 /	13 /
			Total Weekly Time						101 /	
			Average Time per Day						14.4 /	



The 15 Minute Fix: FACE

Workout Title: BROW FURROWS SAMPLE

Week of: _____

Exercise	Times/Day		Sun	Mon	Tue	Wed	Thus	Fri	Sat
2	Contract-Release	1	4 /	4 /	4 /	4 /	4 /	4 /	4 /
			/	/	/	/	/	/	/
47	Browbeater	1	/	2 /	2 /	2 /	2 /	2 /	2 /
			/	/	/	/	/	/	/
48	Surprise!	1	2 /	/	2 /	2 /	2 /	2 /	2 /
			/	/	/	/	/	/	/
49	Frown Remover	1	2 /	2 /	/	2 /	2 /	2 /	2 /
			/	/	/	/	/	/	/
24	Full Face Tightener	1	1 /	1 /	1 /	/	1 /	1 /	1 /
			/	/	/	/	/	/	/
50	Drama Queen	1	2 /	2 /	2 /	2 /	/	2 /	2 /
			/	/	/	/	/	/	/
51	Groucho's	1	1 /	1 /	1 /	1 /	1 /	/	1 /
			/	/	/	/	/	/	/
52	Brow Smoother	1	1 /	1 /	1 /	1 /	1 /	1 /	/
			/	/	/	/	/	/	/
7	Leias	1	2 /	2 /	2 /	2 /	2 /	2 /	2 /
			/	/	/	/	/	/	/
			Time E/A	15 /	15 /	15 /	16 /	15 /	16 /
							Total Weekly Time		108 /
							Average Time per Day		15.4 /



The 15 Minute Fix: FACE

Workout Title: FULL FACE WORKOUT SAMPLE

Week of: _____

Exercise	Times/Day		Sun	Mon	Tue	Wed	Thus	Fri	Sat
2	Contract-Release	1	4 /	4 /	4 /	4 /	4 /	4 /	/
			/	/	/	/	/	/	/
3	Head Drops	1	2 /	2 /	2 /	2 /	2 /	2 /	/
			/	/	/	/	/	/	/
8	Throat Massage	1	2 /	2 /	2 /	2 /	2 /	2 /	/
			/	/	/	/	/	/	/
16	Kiss the Sky	1	1 /	1 /	1 /	1 /	1 /	1 /	/
			/	/	/	/	/	/	/
5	Face Taps	1	4 /	4 /	4 /	4 /	4 /	4 /	/
			/	/	/	/	/	/	/
24	Full Face Tightener	1	1 /	1 /	1 /	1 /	1 /	1 /	/
			/	/	/	/	/	/	/
40	Something Smells Funny	1	2 /	2 /	2 /	2 /	2 /	2 /	/
			/	/	/	/	/	/	/
51	Groucho's	1	1 /	1 /	1 /	1 /	1 /	1 /	/
			/	/	/	/	/	/	/
7	Leias	1	2 /	2 /	2 /	2 /	2 /	2 /	/
			/	/	/	/	/	/	/
			Time E/A	19 /	19 /	19 /	19 /	19 /	0 /
			Total Weekly Time						114 /
			Average Time per Day						16.3 /



The 15 Minute Fix: FACE

Workout Title: DESK WORKOUT SAMPLE

Week of: _____

Exercise		Times/Day		Sun	Mon	Tue	Wed	Thus	Fri	Sat
1	3x5 Chin Stretch	1	Time E/A Reps/Sets Notes	/	2 /	2 /	2 /	2 /	2 /	/
10	Up The Neck	1	Time E/A Reps/Sets Notes	/	2 /	2 /	2 /	2 /	2 /	/
12	Jawbreaker	1	Time E/A Reps/Sets Notes	/	2 /	2 /	2 /	2 /	2 /	/
21	Lip Over Lip	1	Time E/A Reps/Sets Notes	/	1 /	1 /	1 /	1 /	1 /	/
25	Mouth Massage	1	Time E/A Reps/Sets Notes	/	1 /	1 /	1 /	1 /	1 /	/
34	Laugh Line Toner	1	Time E/A Reps/Sets Notes	/	3 /	3 /	3 /	3 /	3 /	/
40	Something Smells Funny	1	Time E/A Reps/Sets Notes	/	2 /	2 /	2 /	2 /	2 /	/
49	Frown Remover	1	Time E/A Reps/Sets Notes	/	2 /	2 /	2 /	2 /	2 /	/
6	Morning Glory	1	Time E/A Reps/Sets Notes	/	2 /	2 /	2 /	2 /	2 /	/
Time E/A				0 /	17 /	17 /	17 /	17 /	17 /	0 /
Total Weekly Time										85 /
Average Time per Day										12.1 /



The 15 Minute Fix: FACE

Workout Title: ON THE GO SAMPLE

Week of: _____

Exercise	Times/Day		Sun	Mon	Tue	Wed	Thus	Fri	Sat	
2	Contract-Release	1	Time E/A /	4 /	4 /	4 /	4 /	4 /	/	
			Reps/Sets /	/	/	/	/	/	/	
			Notes							
13	Tongue Curler	1	Time E/A /	2 /	2 /	2 /	2 /	2 /	/	
			Reps/Sets /	/	/	/	/	/	/	
			Notes							
15	Tongue Wag	1	Time E/A /	1 /	1 /	1 /	1 /	1 /	/	
			Reps/Sets /	/	/	/	/	/	/	
			Notes							
17	Underbite	1	Time E/A /	1 /	1 /	1 /	1 /	1 /	/	
			Reps/Sets /	/	/	/	/	/	/	
			Notes							
27	Whee-Boo	1	Time E/A /	2 /	2 /	2 /	2 /	2 /	/	
			Reps/Sets /	/	/	/	/	/	/	
			Notes							
28	Mouth Compass	1	Time E/A /	2 /	2 /	2 /	2 /	2 /	/	
			Reps/Sets /	/	/	/	/	/	/	
			Notes							
40	Something Smells Funny	1	Time E/A /	2 /	2 /	2 /	2 /	2 /	/	
			Reps/Sets /	/	/	/	/	/	/	
			Notes							
48	Surprise!	1	Time E/A /	2 /	2 /	2 /	2 /	2 /	/	
			Reps/Sets /	/	/	/	/	/	/	
			Notes							
51	Groucho's	1	Time E/A /	1 /	1 /	1 /	1 /	1 /	/	
			Reps/Sets /	/	/	/	/	/	/	
			Notes							
			Time E/A	0 /	17 /	17 /	17 /	17 /	17 /	0 /
									Total Weekly Time	85 /
									Average Time per Day	12.1 /