## The 15 Minute Fix: FACE

## Facial Exercise Progress Tracking

Date:	Date:	Date:	Date:
Time:	Time:	Time:	Time:
Sleep: great/ok/poor	Sleep: <u>great/ok/poor</u>	Sleep: great/ok/poor	Sleep: <u>great/ok/poor</u>
Other Factors:	Other Factors:	Other Factors:	Other Factors:
Straight on	Straight on	Straight on	Straight on
Right profile	Right profile	Right profile	Right profile
Left profile	Left profile	Left profile	Left profile
From above	From above	From above	From above
toward	toward	toward	toward
your brow	your brow	your brow	your brow
From below	From below	From below	From below
toward	toward	toward	toward
your chin	your chin	your chin	your chin