# Facial-Flex® Progress Chart

Name _____     Date Facial-Flex® Received _____/_____/_____

Directions: Each day block is divided into four sections - 2 for AM and 2 for PM. For each day part, AM or PM, first enter the number of sets that you completed and in the next block enter the number of reps in each set.

Example:

| 2 | 2 |
|---|---|
| 35 | 30 |

This shows that on this day you completed 2 sets of 35 reps in the morning and 2 sets of 30 reps in the evening.

## Exercise Log

| | | Day 1 AM \| PM | Day 2 AM \| PM | Day 3 AM \| PM | Day 4 AM \| PM | Day 5 AM \| PM | Day 6 AM \| PM | Day 7 AM \| PM |
|---|---|---|---|---|---|---|---|---|
| Week 1 | Sets | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ |
| | Reps/Set | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ |
| Comment(s) | | | | | | | | |
| Week 2 | Sets | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ |
| | Reps/Set | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ |
| Comment(s) | | | | | | | | |
| Week 3 | Sets | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ |
| | Reps/Set | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ |
| Comment(s) | | | | | | | | |
| Week 4 | Sets | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ |
| | Reps/Set | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ |
| Comment(s) | | | | | | | | |
| Week 5 | Sets | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ |
| | Reps/Set | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ |
| Comment(s) | | | | | | | | |
| Week 6 | Sets | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ |
| | Reps/Set | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ |
| Comment(s) | | | | | | | | |
| Week 7 | Sets | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ |
| | Reps/Set | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ |
| Comment(s) | | | | | | | | |
| Week 8 | Sets | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ |
| | Reps/Set | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ | _ \| _ |
| Comment(s) | | | | | | | | |