FACIAL-FLEX®

Trim. Tone. Tighten... *Your Face, Chin & Neck!*

PROGRESS *CHART*

Name _____ Start Date_____ /_____ /_____

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. **Remember to change the Flex-Bands weekly.**

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	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____
Week 2	Sets	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____
	Reps/Set	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____
Week 3	Sets	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____
	Reps/Set	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____
Week 4	Sets	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____
	Reps/Set	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____
Week 5	Sets	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____
	Reps/Set	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____
Week 6	Sets	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____
	Reps/Set	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____
Week 7	Sets	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____
	Reps/Set	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____
Week 8	Sets	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____
	Reps/Set	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____	_____ | _____

Comment(s) _____

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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 ____ Sets / Reps/Set	____ | ____	____ | ____	____ | ____	____ | ____	____ | ____	____ | ____	____ | ____
Week ____ Sets / Reps/Set	____ | ____	____ | ____	____ | ____	____ | ____	____ | ____	____ | ____	____ | ____
Week ____ Sets / Reps/Set	____ | ____	____ | ____	____ | ____	____ | ____	____ | ____	____ | ____	____ | ____
Week ____ Sets / Reps/Set	____ | ____	____ | ____	____ | ____	____ | ____	____ | ____	____ | ____	____ | ____
Week ____ Sets / Reps/Set	____ | ____	____ | ____	____ | ____	____ | ____	____ | ____	____ | ____	____ | ____
Week ____ Sets / Reps/Set	____ | ____	____ | ____	____ | ____	____ | ____	____ | ____	____ | ____	____ | ____
Week ____ Sets / Reps/Set	____ | ____	____ | ____	____ | ____	____ | ____	____ | ____	____ | ____	____ | ____
Week ____ Sets / Reps/Set	____ | ____	____ | ____	____ | ____	____ | ____	____ | ____	____ | ____	____ | ____
Week ____ Sets / Reps/Set	____ | ____	____ | ____	____ | ____	____ | ____	____ | ____	____ | ____	____ | ____
Week ____ Sets / Reps/Set	____ | ____	____ | ____	____ | ____	____ | ____	____ | ____	____ | ____	____ | ____

Comment(s) _____

_____

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