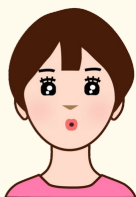


# 30 Day

# FACIAL YOGA

(Anti Wrinkles/ Strengthen Facial Muscles )

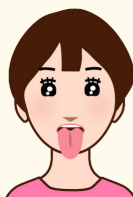
## Challenge



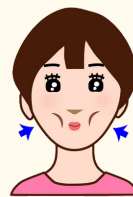
A. Say "O"



B. Say "E"



C. Tongue Stretch



D. Fish Face



E. Puffed Cheeks

### DAY 1

- ☐ Hold A for 5 seconds
- ☐ Hold B for 5 seconds
- ☐ Hold C for 5 seconds
- ☐ Hold D for 5 seconds
- ☐ Hold E for 5 seconds

### DAY 2

- ☐ Hold A for 5 seconds
- ☐ Hold B for 5 seconds
- ☐ Hold C for 5 seconds
- ☐ Hold D for 5 seconds
- ☐ Hold E for 5 seconds

### DAY 3

- ☐ A 5 seconds. Repeat 2
- ☐ B 5 seconds. Repeat 2
- ☐ C 5 seconds. Repeat 2
- ☐ D 5 seconds. Repeat 2
- ☐ E 5 seconds. Repeat 2

### DAY 4

- ☐ A 5 seconds. Repeat 2
- ☐ B 5 seconds. Repeat 2
- ☐ C 5 seconds. Repeat 2
- ☐ D 5 seconds. Repeat 2
- ☐ E 5 seconds. Repeat 2

### DAY 5

- ☐ Hold A for 10 seconds
- ☐ Hold B for 10 seconds
- ☐ Hold C for 10 seconds
- ☐ Hold D for 10 seconds
- ☐ Hold E for 10 seconds

### DAY 6

- ☐ Hold A for 10 seconds
- ☐ Hold B for 10 seconds
- ☐ Hold C for 10 seconds
- ☐ Hold D for 10 seconds
- ☐ Hold E for 10 seconds

### DAY 7

- ☐ A 5 seconds. Repeat 3
- ☐ B 5 seconds. Repeat 3
- ☐ C 5 seconds. Repeat 3
- ☐ D 5 seconds. Repeat 3
- ☐ E 5 seconds. Repeat 3

### DAY 8

- ☐ A 5 seconds. Repeat 3
- ☐ B 5 seconds. Repeat 3
- ☐ C 5 seconds. Repeat 3
- ☐ D 5 seconds. Repeat 3
- ☐ E 5 seconds. Repeat 3

### DAY 9

- ☐ Hold A for 15 seconds
- ☐ Hold B for 15 seconds
- ☐ Hold C for 15 seconds
- ☐ Hold D for 15 seconds
- ☐ Hold E for 15 seconds

### DAY 10

- ☐ Hold A for 15 seconds
- ☐ Hold B for 15 seconds
- ☐ Hold C for 15 seconds
- ☐ Hold D for 15 seconds
- ☐ Hold E for 15 seconds

### DAY 11

- ☐ A 10 seconds. Repeat 2
- ☐ B 10 seconds. Repeat 2
- ☐ C 10 seconds. Repeat 2
- ☐ D 10 seconds. Repeat 2
- ☐ E 10 seconds. Repeat 2

### DAY 12

- ☐ A 10 seconds. Repeat 2
- ☐ B 10 seconds. Repeat 2
- ☐ C 10 seconds. Repeat 2
- ☐ D 10 seconds. Repeat 2
- ☐ E 10 seconds. Repeat 2

### DAY 13

- ☐ Hold A for 20 seconds
- ☐ Hold B for 20 seconds
- ☐ Hold C for 20 seconds
- ☐ Hold D for 20 seconds
- ☐ Hold E for 20 seconds

### DAY 14

- ☐ Hold A for 20 seconds
- ☐ Hold B for 20 seconds
- ☐ Hold C for 20 seconds
- ☐ Hold D for 20 seconds
- ☐ Hold E for 20 seconds

### DAY 15

- ☐ A 5 seconds. Repeat 5
- ☐ B 5 seconds. Repeat 5
- ☐ C 5 seconds. Repeat 5
- ☐ D 5 seconds. Repeat 5
- ☐ E 5 seconds. Repeat 5

### DAY 16

- ☐ A 5 seconds. Repeat 5
- ☐ B 5 seconds. Repeat 5
- ☐ C 5 seconds. Repeat 5
- ☐ D 5 seconds. Repeat 5
- ☐ E 5 seconds. Repeat 5

### DAY 17

- ☐ Hold A for 25 seconds
- ☐ Hold B for 25 seconds
- ☐ Hold C for 25 seconds
- ☐ Hold D for 25 seconds
- ☐ Hold E for 25 seconds

### DAY 18

- ☐ Hold A for 25 seconds
- ☐ Hold B for 25 seconds
- ☐ Hold C for 25 seconds
- ☐ Hold D for 25 seconds
- ☐ Hold E for 25 seconds

### DAY 19

- ☐ A 10 seconds. Repeat 3
- ☐ B 10 seconds. Repeat 3
- ☐ C 10 seconds. Repeat 3
- ☐ D 10 seconds. Repeat 3
- ☐ E 10 seconds. Repeat 3

### DAY 20

- ☐ A 10 seconds. Repeat 3
- ☐ B 10 seconds. Repeat 3
- ☐ C 10 seconds. Repeat 3
- ☐ D 10 seconds. Repeat 3
- ☐ E 10 seconds. Repeat 3

### DAY 21

- ☐ Hold A for 30 seconds
- ☐ Hold B for 30 seconds
- ☐ Hold C for 30 seconds
- ☐ Hold D for 30 seconds
- ☐ Hold E for 30 seconds

### DAY 22

- ☐ Hold A for 30 seconds
- ☐ Hold B for 30 seconds
- ☐ Hold C for 30 seconds
- ☐ Hold D for 30 seconds
- ☐ Hold E for 30 seconds

### DAY 23

- ☐ Hold A for 30 seconds
- ☐ Hold B for 30 seconds
- ☐ Hold C for 30 seconds
- ☐ Hold D for 30 seconds
- ☐ Hold E for 30 seconds

### DAY 24

- ☐ Hold A for 30 seconds
- ☐ Hold B for 30 seconds
- ☐ Hold C for 30 seconds
- ☐ Hold D for 30 seconds
- ☐ Hold E for 30 seconds

### DAY 25

- ☐ A 20 seconds. Repeat 2
- ☐ B 20 seconds. Repeat 2
- ☐ C 20 seconds. Repeat 2
- ☐ D 20 seconds. Repeat 2
- ☐ E 20 seconds. Repeat 2

### DAY 26

- ☐ A 20 seconds. Repeat 2
- ☐ B 20 seconds. Repeat 2
- ☐ C 20 seconds. Repeat 2
- ☐ D 20 seconds. Repeat 2
- ☐ E 20 seconds. Repeat 2

### DAY 27

- ☐ A 20 seconds. Repeat 2
- ☐ B 20 seconds. Repeat 2
- ☐ C 20 seconds. Repeat 2
- ☐ D 20 seconds. Repeat 2
- ☐ E 20 seconds. Repeat 2

### DAY 28

- ☐ Hold A for 40 seconds
- ☐ Hold B for 40 seconds
- ☐ Hold C for 40 seconds
- ☐ Hold D for 40 seconds
- ☐ Hold E for 40 seconds

### DAY 29

- ☐ Hold A for 40 seconds
- ☐ Hold B for 40 seconds
- ☐ Hold C for 40 seconds
- ☐ Hold D for 40 seconds
- ☐ Hold E for 40 seconds

### DAY 30

- ☐ Hold A for 40 seconds
- ☐ Hold B for 40 seconds
- ☐ Hold C for 40 seconds
- ☐ Hold D for 40 seconds
- ☐ Hold E for 40 seconds