

28-Day Face Yoga Challenge



A gentle five-minute daily consistency tracker - no equipment required.

BEFORE YOU BEGIN

Use clean hands and light pressure. Keep your jaw relaxed, breathe normally, and stop if anything feels uncomfortable.

WEEK 1

Relax + posture

Release facial tension and practice slow breathing.

WEEK 2

Cheeks + smile

Use gentle cheek-lift and smile-resistance movements.

WEEK 3

Forehead + eyes

Focus on brow relaxation and soft eye-area movements.

WEEK 4

Full routine

Combine your favorite movements into one calm flow.

DAY 1 5 minutes _____ _____	DAY 2 5 minutes _____ _____	DAY 3 5 minutes _____ _____	DAY 4 5 minutes _____ _____	DAY 5 5 minutes _____ _____	DAY 6 5 minutes _____ _____	DAY 7 5 minutes _____ _____
DAY 8 5 minutes _____ _____	DAY 9 5 minutes _____ _____	DAY 10 5 minutes _____ _____	DAY 11 5 minutes _____ _____	DAY 12 5 minutes _____ _____	DAY 13 5 minutes _____ _____	DAY 14 5 minutes _____ _____
DAY 15 5 minutes _____ _____	DAY 16 5 minutes _____ _____	DAY 17 5 minutes _____ _____	DAY 18 5 minutes _____ _____	DAY 19 5 minutes _____ _____	DAY 20 5 minutes _____ _____	DAY 21 5 minutes _____ _____
DAY 22 5 minutes _____ _____	DAY 23 5 minutes _____ _____	DAY 24 5 minutes _____ _____	DAY 25 5 minutes _____ _____	DAY 26 5 minutes _____ _____	DAY 27 5 minutes _____ _____	DAY 28 5 minutes _____ _____

WEEKLY REFLECTION

The movement that felt most relaxing:

The time of day that worked best:

What I noticed about tension, comfort, or consistency:
