**Initial check list**

The checklist below is designed to highlight what areas of your face should be targeted through Face Yoga. Place a check next to any symptoms you notice.

Eyes are getting smaller

Eyelid are getting droppy

Eye bags are getting bigger

Both corners of the mouth are getting low

Nasolabial folds are getting longer and deeper

Wrinkles on the forehead

Wrinkles on the neck

Double chin

Puffiness on the face

Faceline is getting less defined

Jaw line is getting rounder