

5-DAY CHALLENGE

Bring Back Your
Cheeks.

CHALLENGE WORKBOOK

*Five days to diagnose, release,
and lift your cheeks — naturally.*



Face Yoga Method

CHANGE YOUR FACE, CHANGE YOUR LIFE

with Fumiko Takatsu

FOUNDER · FACE YOGA METHOD

How to use *this workbook*.

This workbook is your companion for the five-day challenge. Each day has its own page — fill it in after your session, while everything is still fresh.

The notes you take here aren't just for record-keeping. They build on each other. What you write on Day 2 feeds into Day 3. What you notice on Day 3 shapes how you practice on Day 4. By Day 5, you'll have everything you need to build a morning routine that's specific to your face.

Two minutes after each session is all it takes. Don't skip it.

WHAT YOU'LL TRACK THIS WEEK

DAY 1 *Your cheek type, jaw tension trigger, and before photo.*

DAY 2 *Which side fired more easily.*

DAY 3 *Dominant side, weaker side, and the daily habits feeding asymmetry.*

DAY 4 *Photo comparison — what you see after four days.*

DAY 5 *Your personal morning routine.*

Day 01

Diagnose & Release

Cheek type · Before photo

Your cheeks aren't gone — and something is holding them down.



Your cheek type

Look in the mirror before you begin. Which of these feels most like what you see? Circle one — or describe what you see in your own words below.

Flat & deflated

Volume has disappeared.

Full but shifted

Everything has moved south.

Definition with jowl pull

Shape is there, but pulled down.

Before the session — smile check

Before you release anything, Fumiko asks you to smile and notice. Write down what you felt.

- Did the smile feel easy, or did you have to work for it?

- Did one side feel different from the other? Was there any pulling — in your jaw, along your cheekbone?

Your jaw tension trigger

Three times today, pause and check: are my teeth touching? Is my jaw gripping? Start to notice the pattern.

WHEN DOES YOUR JAW GRIP MOST?

- | | |
|---|--|
| <input type="checkbox"/> Driving | <input type="checkbox"/> On my phone / scrolling |
| <input type="checkbox"/> In meetings or concentrating | <input type="checkbox"/> Under stress |
| <input type="checkbox"/> Other _____ | |

My jaw tension trigger is —

After the session — look again

Same attention you used at the start. Smile again. What's different? What did you notice in the mirror after releasing?

BEFORE YOU FINISH DAY 1

Take your **before photo** — front-on and side profile, same light, same angle. You're going to want it on Day 4.

There's a difference between *moving* your face and *training* your face.



Finding the muscle

Today you located the zygomaticus major for the first time — the muscle that lifts your cheek fat pads. Before you work it, you feel it.

- When you placed your fingertips on your cheeks and smiled softly, where did you feel the movement?

-
- Did it feel like what you expected — or different?

The activation

The goal today: isolate the cheek lift from everything else. No neck. No mouth corner. Just the muscle.

- What did the isolation feel like? Could you feel it working, or did it feel like almost nothing?

-
- What compensations did you notice? (Neck tension, corner of the mouth pulling, forehead moving?)

The hold

The real work is in the hold — not the movement. Full contraction, everything else soft.

- Did you feel a warmth or fullness in your cheeks after the holds?

-
- Did you notice any shaking or trembling? That is the muscle working at its edge — that is exactly right.

Which side fired more easily?

This is the key question for today — and the information that feeds directly into Day 3.

My stronger, more responsive side today:

Left

Right

Hard to tell

- What did the stronger side feel like compared to the other?

-
- Any other observations from today's session?

TOMORROW — ASYMMETRY DAY

Fumiko says it's her favorite day of the week — and most women agree by the end of it.

Come back ready to be surprised.

Day 03

Asymmetry

Dominant · Weaker · The habits underneath

Your face isn't uneven. It's just been *doing more work* on one side.



The mirror diagnostic

Before the release or the activation — just look. Smile naturally. Really look.

- Did the smile feel easy, or did you have to work for it?

- Which cheek moves more? Which side feels like it is doing most of the work?

- When you tried to activate both cheeks at once (the way you practiced on Day 2), which side fired more easily?

Name your sides

Write it down. Naming it makes it real — and it makes everything that follows more specific.

My dominant side

(stronger, more recruited, tighter)

Left

Right

My weaker side

(quieter, losing tone, needs more)

Left

Right

Daily habits that may be contributing

Asymmetry builds up over years of small, repeated patterns. Noticing yours is the first step to changing them.

- Which side do you sleep on most?
- Which side do you hold your phone on?

- Which side do you chew on most?
- What expression do you default to under stress? (Frowning, clenching, squinting to one side?)

GOING FORWARD

*Your weaker side gets **one more rep** than you think it needs. Every time. We don't drop this after today.*

Day 04

Yesterday we balanced. *Today we sculpt.*



Before you press play

Find your Day 1 photo — front-on and side profile, same light, same angle. Set it aside. You'll come back to it at the end.

DAY 1 PHOTO READY —

- Yes
- Not yet (take it now before pressing play)

During the session

Today works three areas in sequence: the jowl counter, cheekbone definition, and apple-cheek volume. Notice each one separately.

- Swan Neck (**jowl counter**) — where did you feel the stretch most?

- 3-in-1 Super Cheek (**zygomatic definition**) — could you feel the muscle along the cheekbone? Which side was harder?

- Smile Lifter (**apple cheek volume**) — how did this feel different from the Day 2 activation?

The photo comparison

Now look at yourself in the mirror — same light, same angle as your Day 1 photo. Take your time.

- | | |
|--|---|
| <ul style="list-style-type: none"> • Cheek height — is anything sitting differently?

 • Jawline — does the frame of your face look any different?
_____ | <ul style="list-style-type: none"> • Volume — where is the fullness sitting now compared to Day 1?

 • Which side still needs more attention?
_____ |
|--|---|

YOU MIGHT SURPRISE YOURSELF

Whatever you see — write it down. Even if it feels small. Small is where it starts.

Day 05

This isn't the end. *This is the starting point.*



The full sequence

Today you practiced the complete morning routine — one exercise from each day, in the order that works. Release. Activate. Counter. Sculpt.

Relax & Glow » Lower Cheek Release » Cheek & Face Line Lifter » Swan Neck » 3-in-1 Super Cheek

- How did it feel to do them all together as one practice?
-

- Which exercise felt most alive — the one you could really feel working?
-

Your morning routine

Pick three or four non-negotiables. These are the ones you do every single morning no matter what. The rest you do when you have more time.

1. _____
2. _____
3. _____
4. _____

YOUR PERSONAL REFERENCE

Keep these notes. They're the foundation everything else is built on.

My dominant side

Left

Right

My weaker side

Left

Right

Jaw tension trigger

FIVE DAYS IN A ROW

You showed up five days in a row for your face. That alone is the lift. Turn the page for what's next.

YOUR NEXT STEP · FREE LIVE CLASS


*You showed up five days in a row for your face.
Now come do it with me, **live**.*

Join Fumiko live *on Monday.*

MARK YOUR CALENDAR

Monday, May 25th
10 am Pacific Time

Live on Zoom · Bring your mirror · Bring your questions

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- A portrait of Fumiko Takatsu, a woman with dark hair, wearing a brown turtleneck sweater, with her arms crossed.
- A live practice — the full sequence, guided in real time
 - The next layer beyond the challenge — different variations, progressive routines
 - Live Q&A with Fumiko — bring your photos, your questions, your sticking points

RESERVE YOUR SEAT

See you Monday.

FUMIKO TAKATSU