

Week 19			
	1	2	3
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Week 20			
	1	2	3
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Week 21			
	1	2	3
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Week 22			
	1	2	3
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Week 23			
	1	2	3
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Week 24			
	1	2	3
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Week 25			
	1	2	3
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Week 26			
	1	2	3
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Week 27			
	1	2	3
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

FACEFORMER[®] FACY
by Dr. Berndsen



THREE STEPS TO SUCCESS

Exercise calendar

Patented medical product
easy • causal • effective



Dr. Berndsen GmbH
Wasserstraße 25
59423 Unna
Germany

fon +49 (0) 2303 8 99 91
fax +49 (0) 2303 8 98 86
e-mail help@drberndsen.de
web www.drberndsen.de



© All rights reserved.

Week 1				
	1	2	3	
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Week 2				
	1	2	3	
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Week 3				
	1	2	3	
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Week 10				
	1	2	3	
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Week 11				
	1	2	3	
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Week 12				
	1	2	3	
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Week 4				
	1	2	3	
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Week 5				
	1	2	3	
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Week 6				
	1	2	3	
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Week 13				
	1	2	3	
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Week 14				
	1	2	3	
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Week 15				
	1	2	3	
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Week 7				
	1	2	3	
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Week 8				
	1	2	3	
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Week 9				
	1	2	3	
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Week 16				
	1	2	3	
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Week 17				
	1	2	3	
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

Week 18				
	1	2	3	
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				



Practice 3 times a day and checkmark! After the 2nd or 3rd week also use the FaceFormer at night. If it's still in its place in the morning, put a checkmark under the moon.

Name _____

Start Date _____

Therapist _____