

# 7-Day Face Fix Checklist

<input type="checkbox"/>	<b>Phone Check</b> – Hold your phone <b>at eye level</b> . Every minute looking down = micro-sagging.
<input type="checkbox"/>	<b>Tongue Up</b> – Lightly rest your <i>entire</i> tongue on the roof of your mouth whenever you're not speaking. Instant mid-face support.
<input type="checkbox"/>	<b>Balanced Bite</b> – Switch chewing sides with every meal. One-sided chewing = uneven jaw muscles.
<input type="checkbox"/>	<b>Posture Reset</b> – Stand tall, shoulders back, chin slightly tucked. Free jawline lift in seconds.
<input type="checkbox"/>	<b>Sleep on your back</b> at least 3 nights this week to prevent one-side flattening.
<input type="checkbox"/>	<b>Swap to a silk pillowcase</b> to cut compression lines
<input type="checkbox"/>	<b>Morning Sweep</b> – Cold splash + 30-second outward massage to drain overnight puff.
<input type="checkbox"/>	<b>Add one chewy snack</b> (like an apple) to train <i>both</i> sides of your jaw evenly.

💡 **Pro Tip:** Take a neutral selfie today and another in 7 days- watch how puffiness drops and symmetry improves!

Want the full method? Click [here](#) to get the complete guide