### DIY Resistance Band Face Shield

**Material:**
- Two liter pop bottle
- Resistance bands

**Cost:**
- $1
- $1.15/5 bands

**Purchase Location:**
- Dollar Store
- Ebay/Walmart

**Total Cost:** approx. $2.15

**Total Production Time:** 5-10 mins

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1. Using a box cutter cut the bottom and top off of the bottle where it begins to curve.

2. Take scissors to round out sharp edges. Run a lighter along the edges slightly to dull them.

3. On each side, cut two 1" parallel lines that match up with your temples.

4. Fold resistance band so you are able to weave it through the slits you’ve just made.

5. Place the mask and tie the resistance band to your fit so plastic is away from face.

6. Avoid wearing jewelry or anything else that would impede against fit of band.

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Repeating the same steps with the two liter bottle, straps can also be made from swim goggle straps, silicon glasses bands, or any other cleanable materials at home.

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