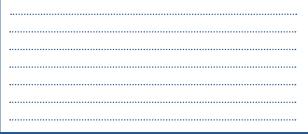


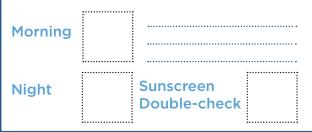


Name

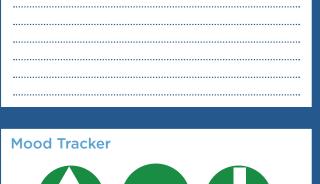
Goals for today



Skincare routine tracker



Hydration tracker



Exercise planner

- Mix it up:
- •Pack a picnic lunch and eat outside.
- •If you have dogs in the house, give them a little extra attention today.
- Make a big pot of soup to enjoy this week.Do a little digging in a flower bed.

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RUARANTINE FOR DEALUY		
cleanser	Step	cleanser
toner	Step 2	toner
antioxidant	Step 3	eye cream
eye cream	Step	treatments
acne treatment	Step 5	night cream
moisturizer/sunscreen	5 tep 6	other products

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