

QUARANTINE
ROUTINE
FOR
beauty

day 3

Sunday, March 29, 2020

Name

Goals for today

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Exercise planner

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Skincare routine tracker

Morning

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Night

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Sunscreen
Double-check

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Mood Tracker



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Hydration tracker

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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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FORSYTH PLASTIC SURGERY

Drs. Fagg, Schneider, Kingman, Lawson and Branch

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QUARANTINE
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FOR
beauty



DAY



NIGHT

cleanser

Step
1

cleanser

toner

Step
2

toner

antioxidant

Step
3

eye cream

eye cream

Step
4

treatments

acne treatment

Step
5

night cream

moisturizer/sunscreen

Step
6

other products

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