

QUARANTINE  
ROUTINE  
FOR  
*beauty*

day 5

Tuesday, March 31, 2020

Name

Goals for today

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.....  
.....  
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.....  
.....  
.....

Exercise planner

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.....  
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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:

- Take every single thing off your kitchen counter tops, give them a good scrub and then put back only what's necessary. Admire your hard work!
- Turn your TV room into a yoga/pilates studio tonight.

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**FORSYTH PLASTIC SURGERY**

Drs. Fagg, Schneider, Kingman, Lawson and Branch

336-765-8620 | [www.forsythplasticsurgery.com](http://www.forsythplasticsurgery.com) | [info@forsythplasticsurgery.com](mailto:info@forsythplasticsurgery.com)

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ROUTINE  
FOR  
*beauty*



# DAY

cleanser

Step  
1

toner

Step  
2

antioxidant

Step  
3

eye cream

Step  
4

acne treatment

Step  
5

moisturizer/sunscreen

Step  
6



# NIGHT

cleanser

toner

eye cream

treatments

night cream

other products

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