

QUARANTINE  
ROUTINE  
FOR  
*beauty*

day 12

Tuesday, April 7, 2020

Name

Goals for today

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

Exercise planner

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.....  
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.....  
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Skincare routine tracker

Morning

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.....  
.....

Night

.....  
.....

Sunscreen  
Double-check

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.....

Mood Tracker



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Hydration tracker

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.....



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Mix it up:

- Try arranging your phone apps and closets by color (thank you, ladies from *The Home Edit!*)
- Start collecting/making things for fabulous Easter baskets.
- See if you can do 5 real pushups.

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**FORSYTH PLASTIC SURGERY**

Drs. Fagg, Schneider, Kingman, Lawson and Branch

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ROUTINE  
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

## FORSYTH PLASTIC SURGERY

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