

QUARANTINE
ROUTINE
FOR
beauty

day 13

Wednesday, April 8

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:

- See if you can do a cartwheel.
- Shave.
- Walk on a trail.
- Give your dog an outdoor bath.
- Take a bubble bath yourself.

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FORSYTH PLASTIC SURGERY

Drs. Fagg, Schneider, Kingman, Lawson and Branch

336-765-8620 | www.forsythplasticsurgery.com | info@forsythplasticsurgery.com

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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