

QUARANTINE  
ROUTINE  
FOR  
*beauty*

day 16

Saturday, April 11

Name

Goals for today

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.....  
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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:

- Drop everything and read for a moment. A book, a magazine ... whatever you like.
- Take everything off the floor in every bedroom and vacuum.
- Try the star pose. How long can you hold it?
- Plan a gorgeous Sunday brunch. Maybe add mimosas to the menu!

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FORSYTH PLASTIC SURGERY

Drs. Fagg, Schneider, Kingman, Lawson and Branch

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# 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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