

QUARANTINE
ROUTINE
FOR
beauty

day 17

Sunday, April 12

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:

- Happy Easter for those who are celebrating Easter today!
- Make a laid-back Sunday playlist on Spotify.
- Get organized and set some goals for the week ahead.
- Check in with your favorite college student or high school senior. This is an especially odd time for them.

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FORSYTH PLASTIC SURGERY

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QUARANTINE
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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