

QUARANTINE
ROUTINE
FOR
beauty

day 18

Monday, April 13

Name

Goals for today

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Exercise planner

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Skincare routine tracker

Morning

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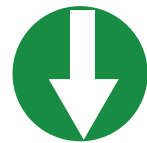
Night

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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:

- Call a friend with a birthday this week instead of texting or posting on Facebook.
- See if you can run or walk/run one mile.
- Download the SWIPEBY app on your phone if you're a Winston-Salem local. Use it to pick up some EltaMD sunscreen.
- Make a dinner plate with green, orange, red and yellow on it tonight. Many healthy foods are colorful!

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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