

QUARANTINE
ROUTINE
FOR
beauty

day 19

Tuesday, April 14

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:

- Gather up all the laundry and knock it out.
- If you have a patio, porch or deck, spray all the pollen off and get it in shipshape!
- Walk 10,000 steps.
- Try a pushup contest. Any style that suits.
- Put a birthday card or note in the mail.
- Treat yourself to a bubble bath!

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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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