

QUARANTINE
ROUTINE
FOR
beauty

day 20

Wednesday, April 15

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:

- Have a dental day: spend extra time flossing, brushing and whitening your teeth.
- Watch a funny movie tonight.
- Take turns with meal planning this week. Let everyone in the house choose a day.
- Try coloring with crayons. See if it calms you.

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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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