

QUARANTINE  
ROUTINE  
FOR  
*beauty*

day 21  
Thursday, April 16

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:

- Make a healthy casserole for tonight's dinner with a pretty green salad. Prep everything early so you can relax at dinnertime.
- Set a gorgeous table early in the day so it will be done for tonight. Don't forget candles.
- Knock out your exercise early so you'll be ready for tonight's dinner.
- Put on a cute outfit for the evening. Have fun!

FORSYTH PLASTIC SURGERY

Drs. Fagg, Schneider, Kingman, Lawson and Branch

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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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