

QUARANTINE
ROUTINE
FOR
beauty

day 22
Friday, April 17

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:

- It's Friday, and even if we're quarantined, thinking about the weekend ahead seems fun.
- Have a family member set up a "bar" for some colorful cocktails or mocktails tonight.
- Plan the whole weekend. Add in some outdoor time, exercise, relaxation time, reading time, etc. If you plan it, it's more likely to happen.

FORSYTH PLASTIC SURGERY

Drs. Fagg, Schneider, Kingman, Lawson and Branch

336-765-8620 | www.forsythplasticsurgery.com | info@forsythplasticsurgery.com

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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