

QUARANTINE
ROUTINE
FOR
beauty

day 24

Sunday, April 19

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:

- There's going to be a point where you circle the down arrow on your mood tracker (maybe several). Spend a minute thinking about what lifts you up and what helps get you out of a funk.
- Pre-plan your outfits, meals and exercise for next week -- today. Pre-planning can mean less stress later.
- Plant some peony if you can.

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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