

QUARANTINE
ROUTINE
FOR
beauty

day 25

Monday, April 20

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:

- Find 25 things you don't need or use anymore and either throw them out, sell them on Ebay or give them away.
- Download the TikTok app and laugh at some funny videos.
- Change out your closet this week. Store winter items, organize by color.
- Have a taco night tonight. Try cauliflower tacos if you haven't already.

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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