

QUARANTINE
ROUTINE
FOR
beauty

day 26

Tuesday, April 21

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:

- Bake a cake for a friend celebrating a birthday and text them a picture of it.
- Take a quick walk after every meal today.
- Plan a homemade pancake or waffle breakfast for tomorrow with fresh berries.
- Call your momma if you can.
- Make up your bed. As U.S. Admiral William H. McRaven says, "It will give you a small sense of pride, and it will encourage you to do another task."

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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