

QUARANTINE  
ROUTINE  
FOR  
*beauty*

day 27  
Wednesday, April 22

Name

Goals for today

.....  
.....  
.....  
.....  
.....  
.....  
.....

Exercise planner

.....  
.....  
.....  
.....  
.....  
.....

Skincare routine tracker

Morning

.....  
.....

.....  
.....

Night

.....  
.....

Sunscreen  
Double-check

.....  
.....

Mood Tracker



.....

Hydration tracker

.....  
.....



.....  
.....

Mix it up:

- Take a moment to celebrate Earth Day in some small way!
- Write down three things you're grateful for before you go to bed tonight.
- Think about three points of friction in your house whether it's a broken door knob, a faucet that drips or an overstuffed drawer. How could you fix them?

.....

**FORSYTH PLASTIC SURGERY**

Drs. Fagg, Schneider, Kingman, Lawson and Branch

336-765-8620 | [www.forsythplasticsurgery.com](http://www.forsythplasticsurgery.com) | [info@forsythplasticsurgery.com](mailto: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

## FORSYTH PLASTIC SURGERY

Drs. Fagg, Schneider, Kingman, Lawson and Branch

336-765-8620 | [www.forsythplasticsurgery.com](http://www.forsythplasticsurgery.com) | [info@forsythplasticsurgery.com](mailto:info@forsythplasticsurgery.com)