

QUARANTINE
ROUTINE
FOR
beauty

day 28

Thursday, April 23

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:

- Play a game of cards tonight.
- Plan to cook something in season right now.
- Organize your linen closet. Put your sheet sets together and consider donating any you're not using.
- Learn a new skill. Can you fold a fitted sheet?

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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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