

QUARANTINE  
ROUTINE  
FOR  
*beauty*

day 29  
Friday, April 24

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:

- Order the book *The Happiness Project*.
- Clean off your desk and wipe down the desktop.
- Get ready for a fun weekend despite it all. TGIF! Create a fun cocktail/mocktail.
- Make it a card night.
- Check your mood tracker. How are you holding up? It's okay to feel frustrated.

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FORSYTH PLASTIC SURGERY

Drs. Fagg, Schneider, Kingman, Lawson and Branch

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QUARANTINE  
ROUTINE  
FOR  
*beauty*



# DAY



# NIGHT

cleanser

Step  
1

cleanser

toner

Step  
2

toner

antioxidant

Step  
3

eye cream

eye cream

Step  
4

treatments

acne treatment

Step  
5

night cream

moisturizer/sunscreen

Step  
6

other products

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