

QUARANTINE
ROUTINE
FOR
beauty

day 30

Saturday, April 25

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 a new puzzle.
- Plan a make-your-own pizza night.
- Have a “wall sitting” contest. See how long you can have your back against a wall in a chair sit position.
- Is it time to test your haircutting skills?
- Teach your teens how to slice, dice and chop.

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FORSYTH PLASTIC SURGERY

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QUARANTINE
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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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