

QUARANTINE
ROUTINE
FOR
beauty

day 31

Sunday, April 26

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:

- Start planning your budget for May.
- Clean off your bedside table. Remove everything from the top, wipe it off and put back only what's "good and necessary."
- Plan a fun movie night tonight. Pick a comedy.
- Plant a hydrangea today.
- Run one load of laundry, fold it and put it away.

FORSYTH PLASTIC SURGERY

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QUARANTINE
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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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