

QUARANTINE
ROUTINE
FOR
beauty

day 32

Monday, April 27

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:

- Set your goals for the week. Maybe plan one pretty dinner with flowers, one picnic in a fun outdoor spot, one spa day/night and one Zoom call with friends.
- Perfect time to create or buy (if you can) a Mother's Day card or put it in the mail.
- Plan some fun ways to exercise this week. Riding a bike, walking, hiking, trying a new online class, playing golf or tennis etc. are all great ways to get your body moving.

FORSYTH PLASTIC SURGERY

Drs. Fagg, Schneider, Kingman, Lawson and Branch

336-765-8620 | www.forsythplasticsurgery.com | 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

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