

QUARANTINE  
ROUTINE  
FOR  
*beauty*

day 33

Tuesday, April 28

Name

Goals for today

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.....  
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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:

- Check in with someone you haven't talked to in awhile. It will make their day!
- Plan a 30-minute walk, bike or online exercise class tonight at 5:30 pm. Sometimes you just need to add exercise to your schedule.
- See if you can actually drink 8 glasses of water today. Hydration is so important. And sadly, wine does not count.
- Write down three things you're thankful for.

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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