

QUARANTINE
ROUTINE
FOR
beauty

day 34

Wednesday, April 29

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:

- This week try to learn something new: can you juggle? French braid hair? Flip a pancake in the pan? This is a great time to try.
- Check your voter registration for November.
- Put on some perfume. Just because.
- Try some "mountain climbers." Can you make it for 60 seconds?
- Plan to make lunch tomorrow in a Bento Box. If you don't have one, get creative.

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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