

QUARANTINE
ROUTINE
FOR
beauty

day 35

Thursday, April 30

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:

- Many communities, like ours in Winston-Salem, have a date when the quarantine will be lifted. Now is a great time think about how you can make the most of the next week or so at home.
- Take a long walk or bike ride today.
- Plan a fun activity this weekend. Visit a place you haven't been to during the quarantine. It's always good to change things up a bit.
- Throw a ball with your dog today.

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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