

QUARANTINE
ROUTINE
FOR
beauty

day 6

Wednesday, April 1, 2020

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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Happy April! Mix it up:

- Create a 30 day exercise chart for April.
- Plan a fun night walk with flashlights.
- Try a reverse recipe where you make a dish based on what you have. There's an app for that!
- Have a plank contest. We did!

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FORSYTH PLASTIC SURGERY

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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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