

QUARANTINE
ROUTINE
FOR
beauty

day 7

Thursday, April 2, 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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Mix it up:

- Create a theme dinner! One family in Charlotte, NC, pretended they were eating on a plane. Love it!
- Try some old school outdoor games today: four square, dodge ball or double dutch. Send us a video!

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FORSYTH PLASTIC SURGERY

Drs. Fagg, Schneider, Kingman, Lawson and Branch

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QUARANTINE
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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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