

QUARANTINE
ROUTINE
FOR
beauty

day 36

Friday, May 1

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:

- Are you dealing with more than just the quarantine? Say for example a stove that breaks? A computer that won't turn on? Write down all of the things you've managed to get through in the last month in addition to having to stay at home. Then feel a little proud of yourself!
- Plan a cookout for tomorrow night.
- Get your walk in tomorrow morning before 10 am.

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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