

QUARANTINE  
ROUTINE  
FOR  
*beauty*

day 37  
Saturday, May 2

Name

Goals for today

.....  
.....  
.....  
.....  
.....  
.....  
.....

Exercise planner

.....  
.....  
.....  
.....  
.....  
.....

Skincare routine tracker

Morning

.....  
.....

.....  
.....

Night

.....  
.....

Sunscreen  
Double-check

.....  
.....

Mood Tracker



.....

Hydration tracker

.....  
.....



.....  
.....

Mix it up:

- Take a day off from planning. You know - sometimes that can be a good thing.

**FORSYTH PLASTIC SURGERY**

Drs. Fagg, Schneider, Kingman, Lawson and Branch

336-765-8620 | [www.forsythplasticsurgery.com](http://www.forsythplasticsurgery.com) | [info@forsythplasticsurgery.com](mailto:info@forsythplasticsurgery.com)

QUARANTINE  
ROUTINE  
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

**FORSYTH PLASTIC SURGERY**

Drs. Fagg, Schneider, Kingman, Lawson and Branch

336-765-8620 | [www.forsythplasticsurgery.com](http://www.forsythplasticsurgery.com) | [info@forsythplasticsurgery.com](mailto:info@forsythplasticsurgery.com)