

QUARANTINE
ROUTINE
FOR
beauty

day 39
Monday, May 4

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:

- Time for Mother's Day cards to go in the mail.
- Watch the sugar in your diet today. Swap out ice cream for some pretty raspberries.
- Water your plants in the morning.
- Scrub your kitchen counter tops, pop the dishes in the dishwasher, mop and sanitize. Start the week off with a sense of pride in what you've already accomplished.

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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