

QUARANTINE  
ROUTINE  
FOR  
*beauty*

**day 40**  
Tuesday, May 5

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:

- Try a hydro-blast: extra water, extra moisturizer and maybe a margarita.
- Call your best friend from childhood to check in.
- Celebrate National Mental Health Month by prioritizing your mental wellness.
- Have a spontaneous dance party tonight!

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**FORSYTH PLASTIC SURGERY**

Drs. Fagg, Schneider, Kingman, Lawson and Branch

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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

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