

QUARANTINE
ROUTINE
FOR
beauty

day 41
Wednesday, May 6

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:

- It's Wednesday, so it's a great day to start making your weekend plans.
- Take some time to stretch.
- Fill a tub and relax in a bubble bath.
- Check your mood. How are you feeling?
- Walk for half an hour before 10:00 am tomorrow. Get your day off to a great start!

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FORSYTH PLASTIC SURGERY

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QUARANTINE
ROUTINE
FOR
beauty



DAY

cleanser

Step
1

toner

Step
2

antioxidant

Step
3

eye cream

Step
4

acne treatment

Step
5

moisturizer/sunscreen

Step
6



NIGHT

cleanser

toner

eye cream

treatments

night cream

other products

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