

QUARANTINE  
ROUTINE  
FOR  
*beauty*

**day 42**  
Thursday, May 7

Name

Goals for today

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.....  
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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:

- The quarantine is lifting, so this will be the last day of the quarantine routine for beauty. Think about what you've accomplished and how setting goals and having a routine has helped you.
- Write down a gratitude sheet. What has been a positive thing about the quarantine? What have you missed most?

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**FORSYTH PLASTIC SURGERY**

Drs. Fagg, Schneider, Kingman, Lawson and Branch

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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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