Skincare
Routine Tracker

MORNING

1. Gentle cleanser (or just water)
2. Moisturizer
3. Sunscreen SPF 30+

NIGHT

1. Gentle cleanser
2. Acne treatment, if you use one
3. Moisturizer

CHECK IT OFF

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM
Week 2	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM
Week 3	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM
Week 4	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM	☐ AM ☐ PM

New product? Test it on the inside of your elbow twice a day for 7 to 10 days first.

Acne products are slow. Give one at least 4 to 6 weeks before you decide it doesn't work.

Sunscreen every morning, even when it's cloudy or you're inside by a window.

SKIN NOTES What changed? What irritated?

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