

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	☐ AM	☐ AM	☐ AM	☐ AM	☐ AM	☐ AM
	☐ PM	☐ PM	☐ PM	☐ PM	☐ PM	☐ PM	☐ PM
Week 2	☐ AM	☐ AM	☐ AM	☐ AM	☐ AM	☐ AM	☐ AM
	☐ PM	☐ PM	☐ PM	☐ PM	☐ PM	☐ PM	☐ PM
Week 3	☐ AM	☐ AM	☐ AM	☐ AM	☐ AM	☐ AM	☐ AM
	☐ PM	☐ PM	☐ PM	☐ PM	☐ PM	☐ PM	☐ PM
Week 4	☐ AM	☐ AM	☐ AM	☐ AM	☐ AM	☐ AM	☐ AM
	☐ PM	☐ PM	☐ PM	☐ PM	☐ PM	☐ PM	☐ PM

New product? Try it on a small spot on your jaw for a few 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?
