

Daily Skincare Regimen & Product Tracker

2023	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Skin Breakout:	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N	Y / N
Scale:	1 2 3	1 2 3	1 2 3	1 2 3	1 2 3	1 2 3	1 2 3
<i>Dates - Week of:</i>							
MORNING ROUTINE							
Cleanser							
Toner							
Serum							
Eye Cream							
Moisturizer							
SPF							
Makeup							
EVENING ROUTINE							
Makeup Remover							
Cleanser & Exfoliate							
Glycolic Peel Pad							
Moisturizer							
FACIAL MASK							
Two Nights A Week Only – Replace For Evening Regimen							
Makeup Remover							
Cleanser & Exfoliate							
Mask (Mud / Peel)							
Facial Cleanser							
Glycolic Peel Pad							
Deep Moisturizing Mask							
CONGESTED SKIN							
One Night A Week Only – Replace for Evening Glycolic Peel Pad & Not on Mask Night							
BHA Blackhead Liquid							

Notes: Document each product used in the assigned empty box above, only writing in the next day if a different product is used. You will be able to see at a glance what you used on a particular day and what was changed when. If you missed a step, place an "X" in the box. If you switch the order of application, note this with arrows.

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