



## SKIN CARE ROUTINE:

## AFFIRMATION/WORD OF THE DAY:

“

”

S M T W T F S

HOURS SLEPT: \_\_\_\_\_

TODAY'S MOOD:

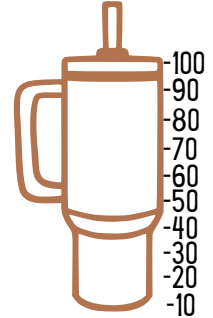


## "ME ONLY" TIME:

## GAME PLAN:

4:00am \_\_\_\_\_  
5:00am \_\_\_\_\_  
6:00am \_\_\_\_\_  
7:00am \_\_\_\_\_  
8:00am \_\_\_\_\_  
9:00am \_\_\_\_\_  
10:00am \_\_\_\_\_  
11:00am \_\_\_\_\_  
12:00pm \_\_\_\_\_  
1:00pm \_\_\_\_\_  
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9:00pm \_\_\_\_\_  
10:00pm \_\_\_\_\_  
11:00pm \_\_\_\_\_  
12:00am \_\_\_\_\_

WATER INTAKE | OUNCES



## TOP TO DOS:

## MOVEMENT/EXERCISES:

- ☐ STRENGTH
- ☐ CARDIO
- ☐ FLEXIBILITY
- ☐ HOT THERAPY
- ☐ COLD THERAPY
- ☐ REST DAY

## GOALS FOR THE DAY:

## MOOD BOOSTER:

## MEALS:

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

DESSERT:

## HEALTHY SKIN BONUSES:

- ☐ LED MASK (DAILY)
- ☐ GUA SHA OR MASSAGE (DAILY)
- ☐ MICROCURRENT DEVICE (DAILY)
- ☐ HUMIDIFIER (NIGHTLY)
- ☐ SILK PILLOWCASE (NIGHTLY)

## HEALTHY SKIN CHECKLIST:

- ☐ CONSUMED NUTRITIOUS FOODS
- ☐ APPLIED SPF / WORE A HAT
- ☐ HIT MY HYDRATION GOAL
- ☐ TOOK SKIN SUPPLEMENTS
- ☐ NO PIMPLE POPPING!
- ☐ WORE MY CONFIDENCE NOT MY FOUNDATION!

## EVENING REFLECTION:

♥ I'M GRATEFUL FOR:

♥ THIS WENT REALLY WELL TODAY:

♥ THIS WILL BE BETTER TOMORROW:



## SKINCARE ROUTINE: