



Skin Care Check List

Water Intake

Morning	Mid-Day	Afternoon
1 <input type="checkbox"/>	6 <input type="checkbox"/>	11 <input type="checkbox"/>
2 <input type="checkbox"/>	7 <input type="checkbox"/>	12 <input type="checkbox"/>
3 <input type="checkbox"/>	8 <input type="checkbox"/>	13 <input type="checkbox"/>
4 <input type="checkbox"/>	9 <input type="checkbox"/>	14 <input type="checkbox"/>
5 <input type="checkbox"/>	10 <input type="checkbox"/>	15 <input type="checkbox"/>

Reminders

- **Daily – Wash with a soap that works with your skin type**
- **Daily - Use sunscreen**
- **Daily - Moisturize morning and evening**
- **Daily - Eat a balanced diet**
- **Daily -Take a your vitamins**
- **Weekly - Exfoliate twice a week**