




# Printable Skin Diary

## My Skin Diary

Week Beginning: 18 April


	Cleanser		Sunscreen
	Other products (serums, make-up)		

	Cleanser		Moisturiser
	Other products (serums, masks, essences, treatments)		

Date: 18 April

Lab Muffin  
Beauty Science



	OILY	DRY	DEHY	SENS	ACNE	AGE	PIGM
FOREHEAD	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
EYE	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CHEEK	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
NOSE	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
CHIN + JAW	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>
 Other skin notes (location of break-outs, lines etc.)							

<input checked="" type="checkbox"/> DAIRY	<input checked="" type="checkbox"/> EXERCISE	
<input type="checkbox"/> SIMPLE CARBS	<input checked="" type="checkbox"/> STRESS	
<input checked="" type="checkbox"/> FRUIT + VEG	<input checked="" type="checkbox"/> MAKE-UP	
<input type="checkbox"/> HEALTHY FATS	<input type="checkbox"/> ENOUGH SLEEP	
<input checked="" type="checkbox"/> ENOUGH WATER	<input type="checkbox"/> ALCOHOL	
 Other lifestyle notes (specific foods, medications, period tracking)		



This is a printable version of the Skin Diary templates I made for tracking your skin via Instagram Stories.


These are formatted assuming that you only change your routine once a week, but you can print these sheets as needed. There's also a version with a slightly different format that can be filled in as a PDF as well.






# My Skin Diary

Week Beginning:










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☐ DAIRY

☐ SIMPLE CARBS

☐ FRUIT + VEG

☐ HEALTHY FATS

☐ ENOUGH WATER




☐ EXERCISE

☐ STRESS

☐ MAKE-UP

☐ ENOUGH SLEEP


☐ ALCOHOL









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