

10 Tips for Great Skin

chart your progress below



1

I wore sunscreen every day

- Yes
- No
- Most Days

I washed my face every night

- Yes
- No
- Most Days



2



3

I made a dermatologist appointment

- Yes
- No

I stuck to a regular skin care regime

- Yes
- No
- Most Days



4



5

I wore an antioxidant every day

- Yes
- No
- Most Days

I tossed the skin-care products that don't work for me

- Yes
- No



6



7

I exfoliated at least twice a week

- Yes
- No

I did a mask this week

- Yes
- No



8



9

I regularly exfoliated & moisturized my body

- Yes
- No
- Most days

I packed a bag of skin-care essentials for traveling

- Yes
- No



10