

Fecha: ___/___/___

SKINCARE *Rutina*

RUTINA MATUTINA



Blank area for morning routine with 8 horizontal dashed lines.

Vertical column of 8 empty circles for tracking.

RUTINA NOCTURNA



Blank area for night routine with 8 horizontal dashed lines.

Vertical column of 8 empty circles for tracking.

RUTINA SEMANAL

Blank area for weekly routine with 5 horizontal dashed lines.

Vertical column of 5 empty circles for tracking.