

Anti-Aging Routine Tracker



Track a simple AM and PM skincare routine for 28 days.

HOW TO USE

Check only the steps that belong in your personal routine. Patch-test new products and follow product directions.

Week 1

DAY	AM				PM		
	C	T	M	SPF	C	T	M
1	☐	☐	☐	☐	☐	☐	☐
2	☐	☐	☐	☐	☐	☐	☐
3	☐	☐	☐	☐	☐	☐	☐
4	☐	☐	☐	☐	☐	☐	☐
5	☐	☐	☐	☐	☐	☐	☐
6	☐	☐	☐	☐	☐	☐	☐
7	☐	☐	☐	☐	☐	☐	☐

Notes: _____

Week 2

DAY	AM				PM		
	C	T	M	SPF	C	T	M
8	☐	☐	☐	☐	☐	☐	☐
9	☐	☐	☐	☐	☐	☐	☐
10	☐	☐	☐	☐	☐	☐	☐
11	☐	☐	☐	☐	☐	☐	☐
12	☐	☐	☐	☐	☐	☐	☐
13	☐	☐	☐	☐	☐	☐	☐
14	☐	☐	☐	☐	☐	☐	☐

Notes: _____

Week 3

DAY	AM				PM		
	C	T	M	SPF	C	T	M
15	☐	☐	☐	☐	☐	☐	☐
16	☐	☐	☐	☐	☐	☐	☐
17	☐	☐	☐	☐	☐	☐	☐
18	☐	☐	☐	☐	☐	☐	☐
19	☐	☐	☐	☐	☐	☐	☐
20	☐	☐	☐	☐	☐	☐	☐
21	☐	☐	☐	☐	☐	☐	☐

Notes: _____

Week 4

DAY	AM				PM		
	C	T	M	SPF	C	T	M
22	☐	☐	☐	☐	☐	☐	☐
23	☐	☐	☐	☐	☐	☐	☐
24	☐	☐	☐	☐	☐	☐	☐
25	☐	☐	☐	☐	☐	☐	☐
26	☐	☐	☐	☐	☐	☐	☐
27	☐	☐	☐	☐	☐	☐	☐
28	☐	☐	☐	☐	☐	☐	☐

Notes: _____

Cosmetic routine tracker only. Stop using products that cause irritation and seek professional advice when needed.