Printable Skincare Routine Template: Simple Free 28-Day PDF

Free printable. Full guide and tips: https://betterlifecarez.com/printable-skincare-routine-template/

Your Printable Skincare Routine Template (28-Day Tracker)

Fill in Part 1 once. Use Part 2 every day, morning and night.

How to use this template

- Write each product you use in Part 1.
- Tick AM and PM each day you finish.
- Tick SPF on days you wore sunscreen.
- Note dryness, redness, breakouts or "calm" in a few words.
- Mark the day you start any new product.
- Answer the check-in questions at the end of each week.

Part 1: My Routine Setup

Step	Morning product	Evening product	How often
Cleanse	*Gentle gel cleanser*	*Same cleanser*	*Daily*

Part 2: Week 1

Day	Date	AM done	PM done	SPF worn	Skin notes
Example	*Mon*	✓	✓	✓	*Dry patch on chin*
Day 1					
Day 2					
Day 3					
Day 4					
Day 5					
Day 6					
Day 7					

Part 2: Week 2

Day	Date	AM done	PM done	SPF worn	Skin notes
Day 8					
Day 9					
Day 10					
Day 11					
Day 12					
Day 13					
Day 14					

Part 2: Week 3

Day	Date	AM done	PM done	SPF worn	Skin notes
Day 15					
Day 16					
Day 17					
Day 18					
Day 19					
Day 20					
Day 21					

Part 2: Week 4

Day	Date	AM done	PM done	SPF worn	Skin notes
Day 22					
Day 23					
Day 24					
Day 25					
Day 26					
Day 27					
Day 28					

Weekly check-in questions

- Which days did I skip, and why?
- Did anything sting, burn or itch?

- Did breakouts follow a new product?
- How did my skin feel by evening?
- What one step will I keep or drop?