


Skin Journal



A 30-Day Guided Journal



Hybrid

Created with LoomJournals

How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns



Scan for a detailed guide on how to use this journal

Date: _____

Skin Condition:

1 2 3 4 5 6 7 8 9 10

Water Intake (glasses):

Hours Slept:

Stress level (1-10):

1 2 3 4 5 6 7 8 9 10

New Breakout:

AM Products (list your morning skincare products — cleanser, toner, serum, moisturizer, spf...)

PM Products (list your evening skincare products — cleanser, treatment, moisturizer, face oil...)

Diet Notes (note foods that may affect your skin — dairy, sugar, processed food, alcohol, or skin-friendly fo...)

Skin Observations (describe what you notice about your skin today — texture, tone, areas of concern, im...)

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