

7-Day AM and PM Skincare Routine Builder

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Build a calm routine. Choose one goal. Leave room for recovery.

Before the Week Starts

Main skin goal (choose one): Acne Tone Texture Hydration Barrier reset

One treatment category, if needed: Retinoid Acne active Exfoliant Tone support None this week

Routine rule: Keep the morning routine steady. Use only one treatment category. Recovery nights count as progress.

Weekly AM and PM Check-In

Day	AM anchors	PM anchors	Notes / skin signals
Day 1 Baseline	Cleanse or rinse <input type="checkbox"/> Moisturize if needed <input type="checkbox"/> Sunscreen <input type="checkbox"/>	Cleanse <input type="checkbox"/> Treatment or recovery <input type="checkbox"/> Moisturize <input type="checkbox"/>	
Day 2 Support	Cleanse or rinse <input type="checkbox"/> Moisturize if needed <input type="checkbox"/> Sunscreen <input type="checkbox"/>	Cleanse <input type="checkbox"/> Treatment or recovery <input type="checkbox"/> Moisturize <input type="checkbox"/>	
Day 3 Treat	Cleanse or rinse <input type="checkbox"/> Moisturize if needed <input type="checkbox"/> Sunscreen <input type="checkbox"/>	Cleanse <input type="checkbox"/> Treatment or recovery <input type="checkbox"/> Moisturize <input type="checkbox"/>	
Day 4 Recover	Cleanse or rinse <input type="checkbox"/> Moisturize if needed <input type="checkbox"/> Sunscreen <input type="checkbox"/>	Cleanse <input type="checkbox"/> Treatment or recovery <input type="checkbox"/> Moisturize <input type="checkbox"/>	
Day 5 Maintain	Cleanse or rinse <input type="checkbox"/> Moisturize if needed <input type="checkbox"/> Sunscreen <input type="checkbox"/>	Cleanse <input type="checkbox"/> Treatment or recovery <input type="checkbox"/> Moisturize <input type="checkbox"/>	
Day 6 Choose	Cleanse or rinse <input type="checkbox"/> Moisturize if needed <input type="checkbox"/> Sunscreen <input type="checkbox"/>	Cleanse <input type="checkbox"/> Treatment or recovery <input type="checkbox"/> Moisturize <input type="checkbox"/>	
Day 7 Review	Cleanse or rinse <input type="checkbox"/> Moisturize if needed <input type="checkbox"/> Sunscreen <input type="checkbox"/>	Cleanse <input type="checkbox"/> Treatment or recovery <input type="checkbox"/> Moisturize <input type="checkbox"/>	

Pause and simplify if:

Skin has ongoing burning, stinging, peeling, unusual redness, swelling, or a new rash.
Return to gentle cleanse, moisturize, and SPF.

End-of-week notes
