

Acne Routine Weekly Tracker

A simple one-week plan to treat breakouts without wrecking your skin barrier.

How to use this tracker: Pick one main acne goal. Use one treatment step at a time. Moisturize daily. Use sunscreen every morning. Pause strong actives if your skin burns, peels, stings, feels tight and shiny, or suddenly becomes very red.

1. My Main Acne Goal This Week

<input type="checkbox"/> Fewer inflamed pimples	<input type="checkbox"/> Less clogged pores or blackheads	<input type="checkbox"/> Less picking
<input type="checkbox"/> Fewer acne marks	<input type="checkbox"/> Calmer skin barrier	

2. AM Routine Tracker

Day	Cleanse or rinse	Acne active if AM	Moisturizer	Sunscreen	Skin feel
Mon	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Calm / tight / sting
Tue	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Calm / tight / sting
Wed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Calm / tight / sting
Thu	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Calm / tight / sting
Fri	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Calm / tight / sting
Sat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Calm / tight / sting
Sun	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Calm / tight / sting

3. PM Routine Tracker

Day	Remove SPF / makeup	Gentle cleanse	One treatment	Moisturizer	Patch or recovery
Mon	<input type="checkbox"/>	<input type="checkbox"/>	BP / BHA / azelaic / retinoid / none	<input type="checkbox"/>	patch / recovery
Tue	<input type="checkbox"/>	<input type="checkbox"/>	BP / BHA / azelaic / retinoid / none	<input type="checkbox"/>	patch / recovery
Wed	<input type="checkbox"/>	<input type="checkbox"/>	BP / BHA / azelaic / retinoid / none	<input type="checkbox"/>	patch / recovery
Thu	<input type="checkbox"/>	<input type="checkbox"/>	BP / BHA / azelaic / retinoid / none	<input type="checkbox"/>	patch / recovery
Fri	<input type="checkbox"/>	<input type="checkbox"/>	BP / BHA / azelaic / retinoid / none	<input type="checkbox"/>	patch / recovery
Sat	<input type="checkbox"/>	<input type="checkbox"/>	BP / BHA / azelaic / retinoid / none	<input type="checkbox"/>	patch / recovery
Sun	<input type="checkbox"/>	<input type="checkbox"/>	BP / BHA / azelaic / retinoid / none	<input type="checkbox"/>	patch / recovery

Acne Treatment And Barrier Check

Use this page to prevent active overload and notice when your skin needs a pause.

4. Treatment Tracker

Treatment	Days Used	Notes
Benzoyl peroxide	<input type="checkbox"/> Mon <input type="checkbox"/> Tue <input type="checkbox"/> Wed <input type="checkbox"/> Thu <input type="checkbox"/> Fri <input type="checkbox"/> Sat <input type="checkbox"/> Sun	Dryness, fabric bleaching, irritation?
Salicylic acid / BHA	<input type="checkbox"/> Mon <input type="checkbox"/> Tue <input type="checkbox"/> Wed <input type="checkbox"/> Thu <input type="checkbox"/> Fri <input type="checkbox"/> Sat <input type="checkbox"/> Sun	Clogged pores, blackheads, tightness?
Azelaic acid	<input type="checkbox"/> Mon <input type="checkbox"/> Tue <input type="checkbox"/> Wed <input type="checkbox"/> Thu <input type="checkbox"/> Fri <input type="checkbox"/> Sat <input type="checkbox"/> Sun	Redness, acne marks, tingling?
Retinoid / adapalene	<input type="checkbox"/> Mon <input type="checkbox"/> Tue <input type="checkbox"/> Wed <input type="checkbox"/> Thu <input type="checkbox"/> Fri <input type="checkbox"/> Sat <input type="checkbox"/> Sun	Peeling, purging, sensitivity?
Pimple patch	<input type="checkbox"/> Mon <input type="checkbox"/> Tue <input type="checkbox"/> Wed <input type="checkbox"/> Thu <input type="checkbox"/> Fri <input type="checkbox"/> Sat <input type="checkbox"/> Sun	Picking reduced? Surface pimples only?
Recovery night	<input type="checkbox"/> Mon <input type="checkbox"/> Tue <input type="checkbox"/> Wed <input type="checkbox"/> Thu <input type="checkbox"/> Fri <input type="checkbox"/> Sat <input type="checkbox"/> Sun	Moisturizer only, skin calmer?

5. Pause Signs

<input type="checkbox"/> Burning	<input type="checkbox"/> Peeling	<input type="checkbox"/> Stinging	<input type="checkbox"/> Tight shiny skin
<input type="checkbox"/> Sudden redness	<input type="checkbox"/> Moisturizer hurts	<input type="checkbox"/> Raw or hot feeling	<input type="checkbox"/> New swelling or rash

Comfort Mind Body rule: If your skin is breaking out and irritated at the same time, do not add more active products first. Pause strong actives, use gentle cleanser, moisturize, protect with sunscreen, and rebuild slowly.

6. Weekly Notes

What improved?	
What irritated my skin?	
What product should I pause?	
What should I keep simple next week?	

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