

Skincare Actives Weekly Planner

A gentle AM/PM checklist for vitamin C, retinol nights, exfoliation nights, recovery nights, and sunscreen.

[comfortmindbody.com](https://www.comfortmindbody.com)

Mix less. Separate actives. Pause if irritated.

1. Choose one active goal

Glow, acne, texture, or recovery.

2. Separate strong nights

Do not stack retinol and exfoliation.

3. Protect every morning

Sunscreen keeps active routines safer.

Weekly Active Spacing Checklist

| Day | Vitamin C AM | SPF AM | Retinol PM | Exfoliate PM | Recovery PM |
|-----------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Monday | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Tuesday | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Wednesday | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Thursday | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Friday | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Saturday | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Sunday | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| | | | | | |

Pause If Skin Feels...

- Burning, stinging, or painful warmth
- Peeling, flaking, or tight shiny skin
- Very red, swollen, or suddenly sensitive
- Moisturizer or sunscreen starts to sting

Do Not Stack In One Routine

- Retinol + AHA/BHA acids
- Retinol + benzoyl peroxide
- Strong vitamin C + peel pads
- Scrubs + acid toners

Notes For This Week

Sunscreen Reminder

Use broad-spectrum sunscreen every morning. Reapply as directed when outdoors, sweating, or swimming.