

Summer Skincare Daily Planner

One day per page for AM, SPF, sweat, beach, PM and recovery notes

Day 1: Normal Indoor Or Light Errands

Morning Routine

☐ Cleanse gently or rinse if skin feels dry or sensitive.

☐ Add light hydration or moisturizer if needed.

☐ Apply broad-spectrum sunscreen to exposed skin.

Before Going Outside

☐ Check UV exposure plan: indoor, errands, workout, beach or pool.

☐ Pack reapplication SPF before leaving.

☐ Remember lips, ears, neck, chest, hands and feet.

Midday SPF Check

☐ Reapply SPF during outdoor exposure.

☐ Reapply after swimming, sweating, towel drying or rubbing.

☐ Use shade, hat, sunglasses or UPF clothing when possible.

Sweat Or Workout Reset

☐ Cleanse after heavy sweating as soon as practical.

☐ Use a gentle cleanser, not a harsh scrub.

☐ Reapply SPF before going back outdoors.

Evening Routine

☐ Remove sunscreen, makeup, sweat, oil and daily buildup.

☐ Use a first cleanse if sunscreen is heavy or water-resistant.

☐ Use one main treatment only if skin feels calm.

☐ Moisturize before bed.

Recovery Night Option

☐ Pause exfoliating acids, scrubs, retinoids and strong acne products.

☐ Use a simple moisturizer or barrier-support cream.

☐ Protect skin from extra sun exposure tomorrow.

Daily Skin Notes

Skin felt today:

Sunscreen or product notes:

Tomorrow's adjustment:

AM SPF

Reapply 1

Reapply 2

PM cleanse

Recovery night?

☐

☐

☐

☐

☐

Safety note: Educational only. Stop using products that cause burning, swelling, hives, blistering, spreading rash, severe peeling or worsening irritation. Ask a professional for severe or unusual reactions.

Summer Skincare Daily Planner

One day per page for AM, SPF, sweat, beach, PM and recovery notes

Day 2: Outdoor Errands Or Driving

Morning Routine

- ☐ Cleanse gently or rinse if skin feels dry or sensitive.
- ☐ Add light hydration or moisturizer if needed.
- ☐ Apply broad-spectrum sunscreen to exposed skin.

Before Going Outside

- ☐ Check UV exposure plan: indoor, errands, workout, beach or pool.
- ☐ Pack reapplication SPF before leaving.
- ☐ Remember lips, ears, neck, chest, hands and feet.

Midday SPF Check

- ☐ Reapply SPF during outdoor exposure.
- ☐ Reapply after swimming, sweating, towel drying or rubbing.
- ☐ Use shade, hat, sunglasses or UPF clothing when possible.

Sweat Or Workout Reset

- ☐ Cleanse after heavy sweating as soon as practical.
- ☐ Use a gentle cleanser, not a harsh scrub.
- ☐ Reapply SPF before going back outdoors.

Evening Routine

- ☐ Remove sunscreen, makeup, sweat, oil and daily buildup.
- ☐ Use a first cleanse if sunscreen is heavy or water-resistant.
- ☐ Use one main treatment only if skin feels calm.
- ☐ Moisturize before bed.

Recovery Night Option

- ☐ Pause exfoliating acids, scrubs, retinoids and strong acne products.
- ☐ Use a simple moisturizer or barrier-support cream.
- ☐ Protect skin from extra sun exposure tomorrow.

Daily Skin Notes

Skin felt today:

Sunscreen or product notes:

Tomorrow's adjustment:

AM SPF	Reapply 1	Reapply 2	PM cleanse	Recovery night?
☐	☐	☐	☐	☐

Safety note: Educational only. Stop using products that cause burning, swelling, hives, blistering, spreading rash, severe peeling or worsening irritation. Ask a professional for severe or unusual reactions.

Summer Skincare Daily Planner

One day per page for AM, SPF, sweat, beach, PM and recovery notes

Day 3: Workout Or Sweaty Day

Morning Routine

- ☐ Cleanse gently or rinse if skin feels dry or sensitive.
- ☐ Add light hydration or moisturizer if needed.
- ☐ Apply broad-spectrum sunscreen to exposed skin.

Before Going Outside

- ☐ Check UV exposure plan: indoor, errands, workout, beach or pool.
- ☐ Pack reapplication SPF before leaving.
- ☐ Remember lips, ears, neck, chest, hands and feet.

Midday SPF Check

- ☐ Reapply SPF during outdoor exposure.
- ☐ Reapply after swimming, sweating, towel drying or rubbing.
- ☐ Use shade, hat, sunglasses or UPF clothing when possible.

Sweat Or Workout Reset

- ☐ Cleanse after heavy sweating as soon as practical.
- ☐ Use a gentle cleanser, not a harsh scrub.
- ☐ Reapply SPF before going back outdoors.

Evening Routine

- ☐ Remove sunscreen, makeup, sweat, oil and daily buildup.
- ☐ Use a first cleanse if sunscreen is heavy or water-resistant.
- ☐ Use one main treatment only if skin feels calm.
- ☐ Moisturize before bed.

Recovery Night Option

- ☐ Pause exfoliating acids, scrubs, retinoids and strong acne products.
- ☐ Use a simple moisturizer or barrier-support cream.
- ☐ Protect skin from extra sun exposure tomorrow.

Daily Skin Notes

Skin felt today:

Sunscreen or product notes:

Tomorrow's adjustment:

AM SPF	Reapply 1	Reapply 2	PM cleanse	Recovery night?
☐	☐	☐	☐	☐

Safety note: Educational only. Stop using products that cause burning, swelling, hives, blistering, spreading rash, severe peeling or worsening irritation. Ask a professional for severe or unusual reactions.

Summer Skincare Daily Planner

One day per page for AM, SPF, sweat, beach, PM and recovery notes

Day 4: Beach Or Pool Day

Morning Routine

- ☐ Cleanse gently or rinse if skin feels dry or sensitive.
- ☐ Add light hydration or moisturizer if needed.
- ☐ Apply broad-spectrum sunscreen to exposed skin.

Before Going Outside

- ☐ Check UV exposure plan: indoor, errands, workout, beach or pool.
- ☐ Pack reapplication SPF before leaving.
- ☐ Remember lips, ears, neck, chest, hands and feet.

Midday SPF Check

- ☐ Reapply SPF during outdoor exposure.
- ☐ Reapply after swimming, sweating, towel drying or rubbing.
- ☐ Use shade, hat, sunglasses or UPF clothing when possible.

Sweat Or Workout Reset

- ☐ Cleanse after heavy sweating as soon as practical.
- ☐ Use a gentle cleanser, not a harsh scrub.
- ☐ Reapply SPF before going back outdoors.

Evening Routine

- ☐ Remove sunscreen, makeup, sweat, oil and daily buildup.
- ☐ Use a first cleanse if sunscreen is heavy or water-resistant.
- ☐ Use one main treatment only if skin feels calm.
- ☐ Moisturize before bed.

Recovery Night Option

- ☐ Pause exfoliating acids, scrubs, retinoids and strong acne products.
- ☐ Use a simple moisturizer or barrier-support cream.
- ☐ Protect skin from extra sun exposure tomorrow.

Daily Skin Notes

Skin felt today:

Sunscreen or product notes:

Tomorrow's adjustment:

AM SPF	Reapply 1	Reapply 2	PM cleanse	Recovery night?
☐	☐	☐	☐	☐

Safety note: Educational only. Stop using products that cause burning, swelling, hives, blistering, spreading rash, severe peeling or worsening irritation. Ask a professional for severe or unusual reactions.

Summer Skincare Daily Planner

One day per page for AM, SPF, sweat, beach, PM and recovery notes

Day 5: Acne-Prone Or Clogged-Pore Day

Morning Routine

- ☐ Cleanse gently or rinse if skin feels dry or sensitive.
- ☐ Add light hydration or moisturizer if needed.
- ☐ Apply broad-spectrum sunscreen to exposed skin.

Before Going Outside

- ☐ Check UV exposure plan: indoor, errands, workout, beach or pool.
- ☐ Pack reapplication SPF before leaving.
- ☐ Remember lips, ears, neck, chest, hands and feet.

Midday SPF Check

- ☐ Reapply SPF during outdoor exposure.
- ☐ Reapply after swimming, sweating, towel drying or rubbing.
- ☐ Use shade, hat, sunglasses or UPF clothing when possible.

Sweat Or Workout Reset

- ☐ Cleanse after heavy sweating as soon as practical.
- ☐ Use a gentle cleanser, not a harsh scrub.
- ☐ Reapply SPF before going back outdoors.

Evening Routine

- ☐ Remove sunscreen, makeup, sweat, oil and daily buildup.
- ☐ Use a first cleanse if sunscreen is heavy or water-resistant.
- ☐ Use one main treatment only if skin feels calm.
- ☐ Moisturize before bed.

Recovery Night Option

- ☐ Pause exfoliating acids, scrubs, retinoids and strong acne products.
- ☐ Use a simple moisturizer or barrier-support cream.
- ☐ Protect skin from extra sun exposure tomorrow.

Daily Skin Notes

Skin felt today:

Sunscreen or product notes:

Tomorrow's adjustment:

AM SPF	Reapply 1	Reapply 2	PM cleanse	Recovery night?
☐	☐	☐	☐	☐

Safety note: Educational only. Stop using products that cause burning, swelling, hives, blistering, spreading rash, severe peeling or worsening irritation. Ask a professional for severe or unusual reactions.

Summer Skincare Daily Planner

One day per page for AM, SPF, sweat, beach, PM and recovery notes

Day 6: Dry Or Dehydrated-Looking Skin Day

Morning Routine

- ☐ Cleanse gently or rinse if skin feels dry or sensitive.
- ☐ Add light hydration or moisturizer if needed.
- ☐ Apply broad-spectrum sunscreen to exposed skin.

Before Going Outside

- ☐ Check UV exposure plan: indoor, errands, workout, beach or pool.
- ☐ Pack reapplication SPF before leaving.
- ☐ Remember lips, ears, neck, chest, hands and feet.

Midday SPF Check

- ☐ Reapply SPF during outdoor exposure.
- ☐ Reapply after swimming, sweating, towel drying or rubbing.
- ☐ Use shade, hat, sunglasses or UPF clothing when possible.

Sweat Or Workout Reset

- ☐ Cleanse after heavy sweating as soon as practical.
- ☐ Use a gentle cleanser, not a harsh scrub.
- ☐ Reapply SPF before going back outdoors.

Evening Routine

- ☐ Remove sunscreen, makeup, sweat, oil and daily buildup.
- ☐ Use a first cleanse if sunscreen is heavy or water-resistant.
- ☐ Use one main treatment only if skin feels calm.
- ☐ Moisturize before bed.

Recovery Night Option

- ☐ Pause exfoliating acids, scrubs, retinoids and strong acne products.
- ☐ Use a simple moisturizer or barrier-support cream.
- ☐ Protect skin from extra sun exposure tomorrow.

Daily Skin Notes

Skin felt today:

Sunscreen or product notes:

Tomorrow's adjustment:

AM SPF	Reapply 1	Reapply 2	PM cleanse	Recovery night?
☐	☐	☐	☐	☐

Safety note: Educational only. Stop using products that cause burning, swelling, hives, blistering, spreading rash, severe peeling or worsening irritation. Ask a professional for severe or unusual reactions.

Summer Skincare Daily Planner

One day per page for AM, SPF, sweat, beach, PM and recovery notes

Day 7: Sensitive Skin Or Recovery Night

Morning Routine

- ☐ Cleanse gently or rinse if skin feels dry or sensitive.
- ☐ Add light hydration or moisturizer if needed.
- ☐ Apply broad-spectrum sunscreen to exposed skin.

Before Going Outside

- ☐ Check UV exposure plan: indoor, errands, workout, beach or pool.
- ☐ Pack reapplication SPF before leaving.
- ☐ Remember lips, ears, neck, chest, hands and feet.

Midday SPF Check

- ☐ Reapply SPF during outdoor exposure.
- ☐ Reapply after swimming, sweating, towel drying or rubbing.
- ☐ Use shade, hat, sunglasses or UPF clothing when possible.

Sweat Or Workout Reset

- ☐ Cleanse after heavy sweating as soon as practical.
- ☐ Use a gentle cleanser, not a harsh scrub.
- ☐ Reapply SPF before going back outdoors.

Evening Routine

- ☐ Remove sunscreen, makeup, sweat, oil and daily buildup.
- ☐ Use a first cleanse if sunscreen is heavy or water-resistant.
- ☐ Use one main treatment only if skin feels calm.
- ☐ Moisturize before bed.

Recovery Night Option

- ☐ Pause exfoliating acids, scrubs, retinoids and strong acne products.
- ☐ Use a simple moisturizer or barrier-support cream.
- ☐ Protect skin from extra sun exposure tomorrow.

Daily Skin Notes

Skin felt today:

Sunscreen or product notes:

Tomorrow's adjustment:

AM SPF	Reapply 1	Reapply 2	PM cleanse	Recovery night?
☐	☐	☐	☐	☐

Safety note: Educational only. Stop using products that cause burning, swelling, hives, blistering, spreading rash, severe peeling or worsening irritation. Ask a professional for severe or unusual reactions.