

Glow Up
CHALLENGE
& TRACKERS

Glow Up

CHALLENGE

FOLLOW A SKINCARE ROUTINE.

STAY HYDRATED.

GET 7-8 HOURS OF SLEEP.

ALWAYS EAT A HEALTHY BREAKFAST.

EAT MORE FRUIT AND VEGETABLES.

DO A WEEKLY FACEMASK.

MAINTAIN YOUR NAILS.

DON'T TOUCH YOUR FACE EXCESSIVELY.

CUT OUT JUNK FOOD.

TAKE CARE OF YOUR TEETH. (BRUSH, FLOSS, MOUTHWASH & WHITEN).

EXERCISE 3-5 TIMES PER WEEK.

EXFOLIATE AND MOISTURIZE YOUR BODY.

PAY ATTENTION TO YOUR FEET.

TRIM SPLIT ENDS.

REFRESH YOUR HAIR COLOR.

EXFOLIATE AND MOISTURIZE YOUR LIPS.

GROOM YOUR EYEBROWS.

TAKE VITAMINS FOR YOUR HAIR, SKIN, AND NAILS.

CLARIFY AND MOISTURIZE YOUR HAIR.

WORK ON YOUR SELF-CONFIDENCE.

PRACTICE BODY POSITIVITY.

LOVE YOURSELF UNCONDITIONALLY.

Skin Care

ROUTINE TRACKER

DATES:

MORNING

	M	T	W	T	F	S	S
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

NIGHT

	M	T	W	T	F	S	S
1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Exercise

ROUTINE TRACKER

DATES:

ACTIVITY

M

T

W

T

F

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1

2

3

4

5

6

7

8

9

10

NOTES

Water INTAKE TRACKER

DATES:

MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

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MONDAY	
TUESDAY	
WEDNESDAY	
THURSDAY	
FRIDAY	
SATURDAY	
SUNDAY	

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FRIDAY	
SATURDAY	
SUNDAY	

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