

◆ YOUR PERSONAL GLOW JOURNAL ◆

THE GLOW ROUTINE TRACKER

Your 30-Day Skincare & Self-Care Journey

SMALL ROUTINES.

Consistent care. Your glow, your way.

NAME: _____

START DATE: _____

MY GLOW GOAL: _____

A gentle place to track your routines, notice your progress, and celebrate consistency.

WELCOME TO YOUR GLOW ERA

This tracker is designed to make your routine easier to see and easier to stick with. Use it daily, weekly, and at the end of the 30 days to notice patterns and celebrate your progress.

01 SET YOUR GOAL

Choose one simple thing you want to focus on.

02 TRACK

Check in on your morning and evening routine.

03 NOTICE

Write down how your skin feels and what you learn.

04 CELEBRATE

Look back at your consistency—not perfection.

MY 30-DAY INTENTION

Gentle reminder: skincare can affect everyone differently. This journal is for personal organization and tracking, not medical advice.

01 MY SKIN GOALS

Start with what matters to you. Keep it simple enough that you can actually follow it.

MY MAIN GOAL

☐ Healthy-looking skin	☐ Hydrated-looking skin
☐ More even-looking skin	☐ Clearer-looking skin
☐ Brighter / glowy-looking skin	☐ Better routine consistency
☐ Other: _____	

HOW MY SKIN FEELS MOST OFTEN

☐ Dry	☐ Oily	☐ Combination
☐ Normal	☐ Not sure	

WHAT I WANT TO IMPROVE

MY 30-DAY GOAL

Consistency > perfection. Missing a day does not erase your progress.

02 MY SKIN PROFILE

A quick snapshot before you begin. You can update this later if your routine changes.

MY SKIN TYPE

☐ Dry	☐ Oily	☐ Combination
☐ Normal	☐ Not sure	

MY MAIN CONCERNS

☐ Dryness	☐ Uneven-looking tone
☐ Dark spots	☐ Breakouts
☐ Dull-looking skin	☐ Sensitivity
☐ Other	

MY CURRENT ROUTINE

☐ Morning	☐ Night
☐ Morning + night	☐ Starting from scratch

PRODUCTS I CURRENTLY USE

SKIN NOTES

03 MORNING ROUTINE

A simple morning routine you can repeat consistently.

STEP	MY PRODUCT	DONE
Cleanse		☐
Treat / Serum		☐
Moisturize		☐
Sunscreen		☐

HOW MY SKIN FEELS THIS MORNING

☐ Comfortable	☐ Dry	☐ Oily
☐ Tight	☐ Sensitive	☐ Fresh

MORNING NOTE

☐ Take it one step at a time.

04 NIGHT ROUTINE

Slow down, reset, and give yourself a few quiet minutes.

STEP	MY PRODUCT	DONE
Cleanse		■
Treat / Serum		■
Moisturize		■
Other / Optional		■

HOW MY SKIN FEELS TONIGHT

■ Comfortable	■ Dry	■ Oily
■ Tight	■ Sensitive	■ Calm

NIGHT NOTE

■ *A routine does not have to be complicated to be consistent.*

05 MY PRODUCT TRACKER

Keep your routine organized and make notes about what you actually enjoy using.

PRODUCT	WHAT I USE IT FOR	HOW OFTEN	RATING

WOULD I BUY IT AGAIN?

☐ Yes	☐ Maybe	☐ No
------------------------------	--------------------------------	-----------------------------

PRODUCT I WANT TO TRY NEXT

06 WEEKLY CHECK-IN

Week: _____ Dates: _____

DAY	AM	PM	WATER	NOTE
Monday	■	■	■	
Tuesday	■	■	■	
Wednesday	■	■	■	
Thursday	■	■	■	
Friday	■	■	■	
Saturday	■	■	■	
Sunday	■	■	■	

WEEKLY REFLECTION

My skin felt: _____

What I enjoyed: _____

What I want to improve: _____

My consistency: _____ / 7

One small win this week: _____

07 30-DAY GLOW TRACKER

START: _____ END: _____

Use one line per day. A check is a win.

DAY	AM	PM	WATER	NOTES / SKIN FEEL
1	■	■	■	
2	■	■	■	
3	■	■	■	
4	■	■	■	
5	■	■	■	
6	■	■	■	
7	■	■	■	
8	■	■	■	
9	■	■	■	
10	■	■	■	
11	■	■	■	
12	■	■	■	
13	■	■	■	
14	■	■	■	
15	■	■	■	
16	■	■	■	
17	■	■	■	
18	■	■	■	
19	■	■	■	
20	■	■	■	
21	■	■	■	
22	■	■	■	
23	■	■	■	
24	■	■	■	
25	■	■	■	
26	■	■	■	
27	■	■	■	
28	■	■	■	
29	■	■	■	
30	■	■	■	

CONSISTENCY GOAL: _____ / 30

08 GLOW PROGRESS

Your progress is more than a before-and-after. Notice how your habits changed too.

BEFORE I STARTED

DAY 15 CHECK-IN

DAY 30 CHECK-IN

MY BIGGEST WIN

WHAT I WANT TO CONTINUE

09 WISHLIST & REPURCHASE

Keep future purchases intentional instead of buying everything at once.

PRODUCTS I WANT TO TRY

PRODUCT	WHY I WANT IT	PRIORITY

PRODUCTS I'D BUY AGAIN

PRODUCT	WHY	RATING

MY NEXT SKINCARE PURCHASE:

YOU DID IT.

30 days of showing up for yourself.

*"Your glow is not a race. Keep the routines that make you feel good,
notice what works for you, and give yourself room to be human."*

MY NEXT 30-DAY INTENTION

THE GLOW ROUTINE TRACKER

A printable & digital self-care journal