
12-Week Product Trial Diary

Use this diary whenever you try a new product or start an active ingredient (Chapters 1, 5, 7). Try one product at a time. Fill in one line each week, on the same day.

Product: _____ **Main active:** _____
Start date: _____
Goal (one specific thing): _____

Week	Times used this week	Irritation (0-3)	Photo taken?	Notes (redness, stinging, flaking, new spots, visible change)
1			☐	Week 0
2				
3				
4			☐	
5				
6				
7				
8			☐	
9				
10				
11				
12			☐	

Irritation: 0 = none; 1 = slight tightness or stinging that passes quickly; 2 = clear redness or flaking, still bearable; 3 = burning, red-

ness and heavy flaking that lasts. If a 3 lasts more than three days, cut back or stop.

Taking photos: same spot, same light (near a window in daytime), no makeup, facing the camera and in profile.

At week 12, put the week-0 and week-12 photos side by side. I decide to: ☐ Keep ☐ Stop and not buy again ☐ See a doctor

Cost per month of this product: _____