
Shelf Audit Worksheet

Gather every product you're using in one place (Chapter 1). Fill in the "Basket" column in pencil: guess first, then correct it once you've finished the book (Chapter 14).

Product	Main active ingredient (from the label)	Cost per month	I bought it because...	Basket
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Cost per month = price ÷ the number of months it lasts.

Total cost per month: Worth it _____ Depends on you _____
Skip it _____

My skin map (Chapter 2):

- My skin is: ☐ dry ☐ oily ☐ combination ☐ changes with the seasons
- In the sun: ☐ I burn easily ☐ I tan easily and rarely burn
- My skin stings easily with products: ☐ yes ☐ no

