
Your 12-Week Plan

Use this after reading Chapter 14.

One goal

Products I’m keeping (Worth
it basket)

Product I’m adding (one at
most)

Products I won’t buy again

Cost per month before

Cost per month after

Photo dates: week 0 / 4 / 8 /
12

At week 12, I will decide to ☐ Keep ☐ Stop ☐ See a doctor

My routine

	Morning	Evening

Cleanse		
Treat		
Moisturize		
Protect		
