

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Rate your skin comfortable level for the day (1 to 5, with 1 being very uncomfortable and 5 being comfortable)							
What treatment have you used today and how frequently?							
What does your skin look like today?							
How do you feel about your skin today?							
What from today might have had a positive impact on your skin e.g. dietary intake?							
What have you consumed or been exposed to today which might have been a trigger?							
Any other notes of interest?							