

	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?							