



THE DONNA WAY

Four Week Skin Reset Tracker

Four gentle weeks of showing up for the basics.

Tick what you managed, note how your skin felt. Notice the pattern, not any single day.

Week One

FOCUS JUST SHOW UP. GETTING THE BASICS TICKING.

DAY	SPF	WATER	SLEEP	MOVE	MY SKIN FELT
1					
2					
3					
4					
5					
6					
7					

Week Two

FOCUS SPF EVERY SINGLE DAY.

DAY	SPF	WATER	SLEEP	MOVE	MY SKIN FELT
1					
2					
3					
4					
5					
6					
7					

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Week Three

FOCUS HYDRATION, INSIDE AND OUT.

DAY	SPF	WATER	SLEEP	MOVE	MY SKIN FELT
1					
2					
3					
4					
5					
6					
7					

Week Four

FOCUS CONSISTENCY, THE WHOLE THING TOGETHER.

DAY	SPF	WATER	SLEEP	MOVE	MY SKIN FELT
1					
2					
3					
4					
5					
6					
7					

DONNA'S REFLECTION

Four weeks of little and often teaches more than four years of on and off.