

Name of moisturising cream I will use:						
2 week challenge start date:						
Times I'll apply cream (time of the day/situation):				Time 1	Time 2	Time 3
Week starting:	Tick box below if moisturiser cream used			How is your skin today?	Any problems today?	
	Time 1	Time 2	Time 3			
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						