

EMME DIANE



## CLEAR SKIN HABIT TRACKER

FOR THE MONTH OF:

### HABIT

Performed morning routine upon waking up
Iced my face in the morning
Applied only Acne Safe makeup ( if applicable )
Got in a workout
Performed my skin routine within 5 mins post-workout
Did not touch or pop my pimples
Iced my face at night
Performed night routine

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21

### LIFESTYLE & TRIGGERS

How many hours of sleep did you get?
How stressed did you feel today ( 1=no stress, 10=highly stressed )
Did you start your period? (track your monthly cycle)
How many glasses of water did you drink?
* Did you avoid all food & supplement triggers?
How do you feel about your skin today ( 1=worst, 10=best )

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21

#### \* Food and Supplement Triggers

Fast food/processed food, high sodium foods, dairy, soy, protein powders (containing whey, soy, casein or super greens), peanuts/peanut butter, sushi or seaweed snacks, iodized salt, supplements (containing biotin, spirulina, chlorella, blue-green algae, kelp seaweed).

Refer to The Emme Diane Acne Bible for more info about acne triggers.