

EMME DIANE



GRACEFUL AGING & LIGHTEN UP HABIT TRACKER

FOR THE MONTH OF:

HABIT

Performed morning routine upon waking up
Applied my eye treatment
Applied my sunscreen
Got in a workout
Performed my skin routine within 5 mins post-workout
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?
* How was your diet today (1=poor, 10=super healthy)
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

* Diet

Our diet can affect our skin in significant ways. Foods that are highly processed or high in sodium - as well as caffeinated beverages or alcohol - can lead to dull, dry, and dehydrated skin. These foods can also cause puffiness - especially under the eyes. While moderation is key, do your best to eat lean protein (chicken, turkey, fish, beans, lentils), the rainbow of colorful veggies (especially dark, leafy greens), complex carbs (brown rice, quinoa, sweet potatoes, oatmeal) and healthy fats (avocados, nuts and seeds, olive oil).