

Self-care dashboard

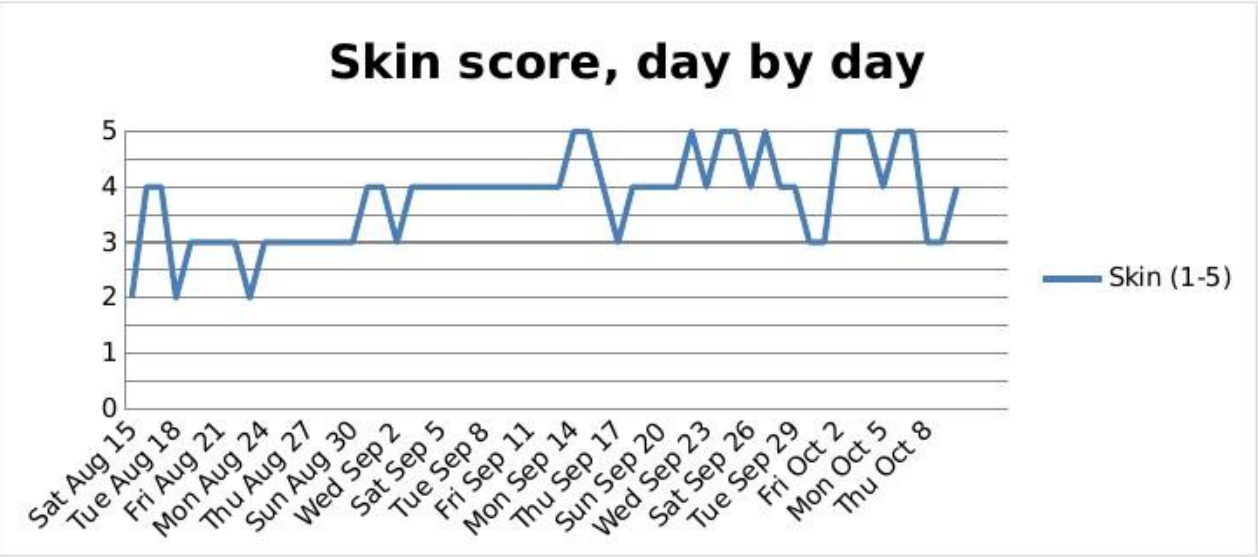
Last logged: Sat Oct 10, 2026

Routine streak now (AM + PM days in a row)
Best streak
Last 7 days: AM routine done
Last 7 days: PM routine done
Avg skin score, last 7 days
Avg skin score, the 7 days before
Self-care minutes, last 30 days
Products expiring soon (in use)
Spent on products, all time

	1
	6
	4 of 7
	6 of 7
	4.1
	4.1
	530
	1
	222.00

Expiring next (in use)

Product	Expires	Days left
Lip balm	Oct 19, 2026	4
Vitamin C serum (new)	Mar 14, 2027	150
Clay mask	Mar 18, 2027	154
Daily moisturiser	Jul 26, 2027	284
Night cream	Aug 5, 2027	294



Products

Your shelf. Shaded cells are yours; expiry, days left and cost per day fill in.

[illegible]

Daily log

One row per day, oldest first. Y = done. Skin = how your skin feels, 1 (rough) to 5 (great).

Date	AM routine	PM routine	Skin (1-5)	Water (glasses)	Sleep (hours)	Self-care minutes	Self-care activity	Notes	Both done	Streak
Sat Aug 15	Y	Y	2	7	7	15	Bath or long shower		1	1
Sun Aug 16	Y		4	8	6.5	20	Walk outside (20 min)		0	0
Mon Aug 17	Y	Y	4	6	6.5	45	Early night		1	1
Tue Aug 18	Y	Y	2	6	7				1	2
Wed Aug 19	Y	Y	3	6	8				1	3
Thu Aug 20	Y	Y	3	7	7	20	Face mask night		1	4
Fri Aug 21	Y		3	6	8	30	Early night		0	0
Sat Aug 22	Y	Y	3	7	7	20	Phone-free hour		1	1
Sun Aug 23	Y		2	8	7				0	0
Mon Aug 24	Y	Y	3	7	8				1	1
Tue Aug 25	Y	Y	3	5	7				1	2
Wed Aug 26		Y	3	8	7				0	0
Thu Aug 27	Y	Y	3	6	6.5	20	Read for fun		1	1
Fri Aug 28	Y	Y	3	6	7				1	2
Sat Aug 29	Y	Y	3	6	7				1	3
Sun Aug 30	Y	Y	3	7	7				1	4
Mon Aug 31	Y	Y	4	5	7				1	5
Tue Sep 1	Y	Y	4	6	6.5				1	6
Wed Sep 2	Y		3	6	7				0	0
Thu Sep 3	Y	Y	4	5	7	15	Bath or long shower		1	1
Fri Sep 4	Y	Y	4	8	7				1	2
Sat Sep 5	Y	Y	4	7	7	20	Face mask night		1	3
Sun Sep 6	Y		4	8	7.5				0	0
Mon Sep 7	Y	Y	4	5	7	15	Music and tea		1	1
Tue Sep 8	Y	Y	4	7	7				1	2
Wed Sep 9	Y	Y	4	8	7	45	Walk outside (20 min)		1	3
Thu Sep 10	Y	Y	4	7	7				1	4
Fri Sep 11	Y	Y	4	6	7				1	5
Sat Sep 12	Y	Y	4	8	7.5				1	6
Sun Sep 13	Y	Y	4	6	7				0	0
Mon Sep 14	Y	Y	5	6	8				1	1
Tue Sep 15	Y	Y	5	6	8	30	Music and tea		1	2
Wed Sep 16	Y	Y	4	8	7.5	20	Bath or long shower		1	3
Thu Sep 17	Y	Y	3	7	7	15	Bath or long shower		1	4
Fri Sep 18	Y	Y	4	8	6.5	45	Journal		1	5