

## MY SKINCARE PLANNER

*Your Personal Guide to Glowing at Every Age*

Skin Type Profile

Daily Routine Tracker

Product Log

Ingredient Watch List

Monthly Check-In

Seasonal Planner

A FREE GIFT FROM MATUREDGLOW

*Companion to: Glow Doesn't Have an Expiration Date*

## Hello, friend.

This planner is yours. It's a working document, not a pretty thing to look at and never touch. Write in it, cross things out, change your mind. That's the point.

It's designed to sit alongside the Glow Doesn't Have an Expiration Date guide — so if you haven't picked that up yet, head to Amazon and grab your copy.

Here's how to use this planner:

1. Start with your Skin Profile on the next page. Understanding your skin type is the foundation of everything else.
2. Fill in your Current Routine so you know exactly what you're working with today.
3. Use the Daily Tracker to build consistency. Consistency is genuinely the most important thing in skincare.
4. Log new products in the Product Testing Log before and after. This will save you money and frustration.
5. Do your Monthly Skin Check-In honestly. Skin changes, and your routine should too.

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***Glowing doesn't have an expiration date. Let's build the routine that proves it.***

## Know Your Skin

Fill this in once, revisit it every season. Your skin changes — your profile should too.

### MY SKIN TYPE:

- |  |   |
|--|---|
| <input type="checkbox"/> Oily            | <input type="checkbox"/> Dry              |
| <input type="checkbox"/> Combination     | <input type="checkbox"/> Normal           |
| <input type="checkbox"/> Sensitive       | <input type="checkbox"/> Oily + Sensitive |
| <input type="checkbox"/> Dry + Sensitive | <input type="checkbox"/> Other:           |

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### MY TOP SKIN CONCERNS:

- |   |  |
|---|--|
| <input type="checkbox"/> Fine Lines / Wrinkles          | <input type="checkbox"/> Loss of Firmness  |
| <input type="checkbox"/> Hyperpigmentation / Dark Spots | <input type="checkbox"/> Enlarged Pores    |
| <input type="checkbox"/> Oiliness / Shine               | <input type="checkbox"/> Dryness / Flaking |
| <input type="checkbox"/> Sensitivity / Redness          | <input type="checkbox"/> Uneven Skin Tone  |
| <input type="checkbox"/> Acne / Breakouts               | <input type="checkbox"/> Dullness          |

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**My skin feels tightest around:** \_\_\_\_\_

**My skin gets oiliest around:** \_\_\_\_\_

**My skin reacts badly to:** \_\_\_\_\_

**My skin loves:** \_\_\_\_\_

# MY CURRENT ROUTINE

*Write down exactly what you use right now — before making any changes. Knowing your starting point matters.*

## MORNING

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Cleanser:

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Toner / Essence:

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Serum:

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Moisturiser:

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SPF:

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Other:

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## EVENING

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First Cleanse:

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Second Cleanse:

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Toner / Essence:

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Active / Treatment:

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Moisturiser:

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Eye Cream / Oil:

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Other:

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## WEEKLY TREATMENTS:

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Exfoliant:

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Mask:

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Other:

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# DAILY ROUTINE TRACKER

Week of: \_\_\_\_\_

*Tick each step as you complete it. Consistency is the secret.*

Mon	Tue	Wed	Thu	Fri	Sat	Sun
-----	-----	-----	-----	-----	-----	-----

## AM ROUTINE

Cleanse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tone/Serum	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Moisturise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SPF	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## PM ROUTINE

Double Cleanse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Active/Treat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Moisturise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

DAILY NOTES / HOW MY SKIN FELT THIS WEEK:

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SPF STREAK

Mon	Tue	Wed	Thu	Fri	Sat	Sun
-----	-----	-----	-----	-----	-----	-----

# DAILY ROUTINE TRACKER

Week of: \_\_\_\_\_

*Tick each step as you complete it. Consistency is the secret.*

Mon	Tue	Wed	Thu	Fri	Sat	Sun
-----	-----	-----	-----	-----	-----	-----

## AM ROUTINE

Cleanse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Tone/Serum	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Moisturise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
SPF	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## PM ROUTINE

Double Cleanse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Active/Treat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Moisturise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

DAILY NOTES / HOW MY SKIN FELT THIS WEEK:

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SPF STREAK

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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# PRODUCT TESTING LOG

Every time you try something new, log it here. Give products at least 4 weeks before judging results.

<b>Product Name:</b> _____	<b>Brand:</b> _____
<b>Date Started:</b> _____	<b>Skin Type / Concern:</b> _____
<b>Rating:</b> ○ ○ ○ ○ ○	<b>Would repurchase?</b> <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Maybe
<b>Results / Notes:</b> _____	

<b>Product Name:</b> _____	<b>Brand:</b> _____
<b>Date Started:</b> _____	<b>Skin Type / Concern:</b> _____
<b>Rating:</b> ○ ○ ○ ○ ○	<b>Would repurchase?</b> <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Maybe
<b>Results / Notes:</b> _____	

<b>Product Name:</b> _____	<b>Brand:</b> _____
<b>Date Started:</b> _____	<b>Skin Type / Concern:</b> _____
<b>Rating:</b> ○ ○ ○ ○ ○	<b>Would repurchase?</b> <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Maybe
<b>Results / Notes:</b> _____	

# INGREDIENT WATCH LIST

Track which ingredients work beautifully for you — and which ones to avoid. Your skin tells you, if you're listening.

### INGREDIENTS I LOVE

- Niacinamide
- Retinol
- Hyaluronic Acid
- Vitamin C
- Peptides
- Ceramides
- Lactic Acid
- Bakuchiol

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### INGREDIENTS TO AVOID

- Fragrance / Parfum
- Denatured Alcohol
- Essential Oils
- Sodium Lauryl Sulfate
- Parabens
- Formaldehyde Releasers

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## MY ACTIVES SCHEDULE

Some actives clash. Use this table to keep track of what you use when.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
AM Vitamin C	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PM Retinol	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PM AHA/BHA	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
PM Bakuchiol	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

# MONTHLY SKIN CHECK-IN

Month / Season: \_\_\_\_\_

## RATE YOUR SKIN THIS MONTH (circle a number)

**Overall glow**

1 = dull

1 2 3 4 5

5 = radiant

**Hydration**

1 = parched

1 2 3 4 5

5 = plump

**Oiliness control**

1 = very oily

1 2 3 4 5

5 = balanced

**Breakout frequency**

1 = constant

1 2 3 4 5

5 = clear

**Texture / smoothness**

1 = rough

1 2 3 4 5

5 = smooth

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**What's working really well this month?**

---

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**What's not working / needs to change?**

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---

**Any new reactions or sensitivities?**

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**Product I want to try next month:**

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**One thing I'm proud of this month (skincare or otherwise):**

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# MONTHLY SKIN CHECK-IN

Month / Season: \_\_\_\_\_

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**Overall glow**

1 = *dull*

1	2	3	4	5
---	---	---	---	---

5 = *radiant*

**Hydration**

1 = *parched*

1	2	3	4	5
---	---	---	---	---

5 = *plump*

**Oiliness control**

1 = *very oily*

1	2	3	4	5
---	---	---	---	---

5 = *balanced*

**Breakout frequency**

1 = *constant*

1	2	3	4	5
---	---	---	---	---

5 = *clear*

**Texture / smoothness**

1 = *rough*

1	2	3	4	5
---	---	---	---	---

5 = *smooth*

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**What's working really well this month?**

---

---

**What's not working / needs to change?**

---

---

**Any new reactions or sensitivities?**

---

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**Product I want to try next month:**

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**One thing I'm proud of this month (skincare or otherwise):**

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# SEASONAL ROUTINE PLANNER

Your skin behaves differently in each season. Use this page to plan your adjustments as the weather changes.

## SPRING — Reset & Refresh

Lighter moisturiser swap:

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AHA reintroduction plan:

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SPF upgrade:

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New product to try:

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## SUMMER — Protect & Simplify

SPF (product + SPF#):

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Antioxidant serum:

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Actives to pause:

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Hydrating mist:

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## AUTUMN — Repair & Rebuild

Retinol reintroduction:

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Brightening focus:

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Richer moisturiser:

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Weekly mask routine:

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## WINTER — Nourish & Protect

Barrier repair cream:

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Facial oil choice:

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Sleeping mask:

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Humidifier?: Y / N

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## Set Your Intentions

Skincare without a goal is just buying products. What do you actually want your skin to feel and look like? Write it down.

MY 3-MONTH SKIN GOAL

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### MY NON-NEGOTIABLES (the steps I will always do, no matter what)

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### PRODUCTS I WANT TO TRY

1. 

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2. 

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3. 

---
4. 

---
5. 

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***"Glow doesn't have an expiration date.  
It's waiting for you on the other side of the right routine."***

*-- Maturedglow*

# MATUREDGLOW

*Glow Doesn't Have an Expiration Date*

This planner is a free companion resource to the  
Maturedglow Kindle guide.

For more skincare guidance, honest product reviews,  
and real talk about skin at every age:

*Find the full ebook on Amazon Kindle*

**"Glow Doesn't Have an Expiration Date"**

## Coming to Amazon Kindle — Get Your Copy!

*Glow Doesn't Have an Expiration Date*

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This Skincare Planner is a free companion to the Matedrglow Kindle ebook. Grab the full guide on Amazon Kindle for complete routines, ingredient deep dives, seasonal planning, splurge vs. save comparisons, makeup tips, and an honest FAQ. If you enjoy it, please leave an honest review — it helps more women over 40 find this resource.

**Search "Glow Doesn't Have an Expiration Date" on Amazon Kindle**

## ■ More Resources on the Maturedglow Blog

*Skincare guides, honest reviews & real talk about glowing after 40*

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This planner is just the beginning. Visit the Maturedglow blog for in-depth skincare guides, ingredient breakdowns, honest product reviews, seasonal routine refreshes, and more free resources designed specifically for mature skin. Because great skincare advice should never stop at the cover.

[www.maturedglow.com](http://www.maturedglow.com)