

The 7-Day Body Skin Hydration Tracker

Morning Body Care

- Apply lotion to damp skin
- Focus on arms, elbows, and chest
- Drink water before coffee

Evening Body Care

- Apply moisturiser before bed
- Massage lotion into legs and feet
- Check skin hydration level

Weekly Reflection

- Skin feels softer
- Skin looks smoother
- Less dryness or flaking

Mon	Tue	Wed	Thu	Fri	Sat	Sun
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