

The 30-Day Calm Skin Tracker

A simple daily tracker for burning, itching, dryness, dark patches and weekly skin recovery progress.

How to use this tracker

Use this once daily. Do not check your skin every hour. Track comfort first, then texture, then colour. Small signs like less burning, less itching and softer skin are progress.

Your Starting Point

Date started	
Main concern area	
Products I am pausing	
Products I am keeping	
Burning level today (0-5)	
Itching level today (0-5)	
Dryness/tightness level today (0-5)	

Daily Tracker: Days 1-15

Day	Morning cleanse	Moisturise	Protect	Night routine	Burn/Itch 0-5	Notes
1	☐	☐	☐	☐		
2	☐	☐	☐	☐		
3	☐	☐	☐	☐		
4	☐	☐	☐	☐		
5	☐	☐	☐	☐		
6	☐	☐	☐	☐		
7	☐	☐	☐	☐		

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8	☐	☐	☐	☐		
9	☐	☐	☐	☐		
10	☐	☐	☐	☐		
11	☐	☐	☐	☐		
12	☐	☐	☐	☐		
13	☐	☐	☐	☐		
14	☐	☐	☐	☐		
15	☐	☐	☐	☐		

Daily Tracker: Days 16-30

Day	Morning cleanse	Moisturise	Protect	Night routine	Burn/Itch 0-5	Notes
16	☐	☐	☐	☐		
17	☐	☐	☐	☐		
18	☐	☐	☐	☐		
19	☐	☐	☐	☐		
20	☐	☐	☐	☐		
21	☐	☐	☐	☐		
22	☐	☐	☐	☐		
23	☐	☐	☐	☐		
24	☐	☐	☐	☐		
25	☐	☐	☐	☐		
26	☐	☐	☐	☐		
27	☐	☐	☐	☐		
28	☐	☐	☐	☐		
29	☐	☐	☐	☐		
30	☐	☐	☐	☐		

Weekly Progress Review

Week	Burning reduced?	Itching reduced?	Texture softer?	Colour stable?	Notes
Week 1	Yes / No	Yes / No	Yes / No	Yes / No	
Week 2	Yes / No	Yes / No	Yes / No	Yes / No	
Week 3	Yes / No	Yes / No	Yes / No	Yes / No	
Week 4	Yes / No	Yes / No	Yes / No	Yes / No	

What counts as progress?

- Less burning or stinging after washing
- Less itching or tightness
- Skin feels softer or less rough
- Dark area stops spreading
- You stop panic-buying new products
- You understand what your skin likes and what makes it angry

Reminder

Progress is not only becoming lighter. Sometimes the first sign of recovery is peace.