

For 24 hours, record all the different products you use on our skin. Be sure to take at least one shower during this time. Thanks.

Name: \_\_\_\_\_ Period: \_\_\_\_\_

Product category \_\_\_\_\_, brand: \_\_\_\_\_ # of applications:  
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Product category \_\_\_\_\_, brand: \_\_\_\_\_ # of applications:  
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