
SKIN CLARITY

SKIN PROGRESS TRACKER

14 Days of Observation

A calm, structured journal for tracking routine consistency, skin comfort, oiliness, breakouts, and questions to discuss with a professional.

NOTICE

Observe without judgement.
Record patterns, not assumptions.
Keep your routine safe and consistent.
Ask for help when you need it.

BY TOLU ADEBAYO

Skin Clarity • Educational use

IMPORTANT INFORMATION

How to Use This Tracker

This journal is an observation aid, not a diagnostic tool. It cannot establish the cause of acne or guarantee treatment results. Acne changes naturally, and many treatments require several weeks or professional review.

Do not stop prescribed treatment to complete this tracker. Follow product directions, and seek professional advice for severe irritation, deep or painful acne, scarring, sudden changes, or persistent symptoms.

Fourteen days can help you notice habits and tolerance. It is not enough to prove that a treatment has succeeded or failed.

YOUR READING MAP

Contents

Each page has a specific purpose. Use the daily pages in order, then complete the summaries and inventory as helpful.

PAGE	PURPOSE
START HERE	What this tracker can—and cannot—tell you
SET YOUR BASELINE	Record the starting point
HOW TO RATE YOUR SKIN	Use the same simple scale each day
DAY 1 — BASELINE	Observe without changing everything
DAY 2 — ROUTINE & COMFORT	Notice how your skin feels
DAY 3 — CONTEXT	Record facts, not assumptions
DAY 4 — KEEP IT SIMPLE	Avoid unnecessary changes
DAY 5 — COMFORT CHECK	Notice early irritation
DAY 6 — DAILY LIFE	Consider heat, sweat, and friction
DAY 7 — WEEK ONE REVIEW	Summarise, then continue calmly
DAY 8 — RESET YOUR FOCUS	Return to the basics
DAY 9 — OBSERVE PRODUCTS	Track one variable at a time
DAY 10 — WELLBEING CHECK	Your skin is not your whole life
DAY 11 — PATTERNS, NOT PERFECTION	Notice repeats across several days
DAY 12 — ROUTINE TOLERANCE	Check whether the plan is sustainable
DAY 13 — PREPARE YOUR REVIEW	Collect questions for yourself or a clinician
DAY 14 — FINAL OBSERVATION	Review what you learned
PHOTO & MIRROR GUIDELINES	Make comparisons fair and gentle
WEEKLY SUMMARY WORKSHEET	Look at the bigger picture
PRODUCT & ROUTINE INVENTORY	Know what you are using
WHEN TO GET HELP	Use the tracker to support—not delay—care
FINAL REFLECTION	Choose the next sensible step

SECTION 01 / START HERE

What this tracker can—and cannot—tell you

This tracker helps you observe your routine and skin over 14 days. It is not a diagnostic tool and cannot prove that a product, food, or habit caused a breakout. Acne changes naturally, and a visible spot may reflect processes that began earlier.

Use the tracker to note routine consistency, oiliness, comfort, new inflamed spots, and possible context such as stress, sleep, sweating, or product changes. Keep entries short and factual.

Fourteen days is a baseline observation period—not a guarantee that an acne treatment will work or fail. Many treatments need several weeks and sometimes professional review.

SKIN CLARITY REMINDER • Track calmly, avoid assumptions, and seek professional help when appropriate.

SECTION 02 / SET YOUR BASELINE

Record the starting point

Date started: _____ Main concern: _____

How long has this concern been present? _____

Current routine and products: _____

Any prescribed treatment or relevant advice from a clinician? _____

My goal for these 14 days is a habit I can control, such as using sunscreen consistently or recording irritation—not demanding perfect skin.

Do not stop a prescribed medicine to make tracking easier. If you are unsure how to use a treatment, ask the prescriber or pharmacist.

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SECTION 03 / HOW TO RATE YOUR SKIN

Use the same simple scale each day

Choose one rating for each item. The numbers are a personal tracking shorthand, not a medical measurement.

SCORE	OILINESS / COMFORT GUIDE
0	Not noticeable
1	Mild
2	Moderate
3	Strong or distracting

For new inflamed spots, record a rough count or range if that feels helpful: 0, 1–3, 4–6, or 7+. Do not spend time searching for every tiny bump.

Use similar lighting and camera distance for any progress photos. Photos are optional; you can track comfort and habits without taking them.

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SECTION 04 / DAY 1 — BASELINE

Observe without changing everything

Date: _____ Sleep: _____ hours Stress: 0 / 1 / 2 / 3

Morning routine completed? ☐ Yes ☐ Partly ☐ No

Evening routine completed? ☐ Yes ☐ Partly ☐ No

Oiliness: 0 / 1 / 2 / 3 Comfort: 0 / 1 / 2 / 3 New inflamed spots: _____

Any new product, sweating, friction, or unusual event? _____

Notes: _____

Today is a starting point, not a verdict. Keep your routine stable where safe and appropriate.

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SECTION 05 / DAY 2 — ROUTINE & COMFORT

Notice how your skin feels

Date: _____ Sleep: _____ hours Stress: 0 / 1 / 2 / 3

Morning routine: ☐ Yes ☐ Partly ☐ No Evening routine: ☐ Yes ☐ Partly ☐ No

Oiliness: 0 / 1 / 2 / 3 Comfort: 0 / 1 / 2 / 3 New inflamed spots: _____

Dryness, stinging, itching, redness, or peeling? _____

Possible context (sweat, friction, sleep, product changes): _____

Notes: _____

If you develop severe irritation, swelling, blistering, or other concerning symptoms, stop the suspected product and seek medical advice.

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SECTION 06 / DAY 3 — CONTEXT

Record facts, not assumptions

Date: _____ Sleep: _____ hours Stress: 0 / 1 / 2 / 3

Morning routine: ☐ Yes ☐ Partly ☐ No Evening routine: ☐ Yes ☐ Partly ☐ No

Oiliness: 0 / 1 / 2 / 3 Comfort: 0 / 1 / 2 / 3 New inflamed spots: _____

Did you sweat heavily, wear tight straps, shave, or use a new hair product?

Notes: _____

One event followed by one breakout does not prove cause and effect. Look for patterns over time.

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SECTION 07 / DAY 4 — KEEP IT SIMPLE

Avoid unnecessary changes

Date: _____ Sleep: _____ hours Stress: 0 / 1 / 2 / 3

Morning routine: ☐ Yes ☐ Partly ☐ No Evening routine: ☐ Yes ☐ Partly ☐ No

Oiliness: 0 / 1 / 2 / 3 Comfort: 0 / 1 / 2 / 3 New inflamed spots: _____

Did you add, stop, or use more of a product today? _____

What made the routine easier or harder? _____

Notes: _____

Avoid adding several new actives because of a breakout. More products can mean more irritation.

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SECTION 08 / DAY 5 — COMFORT CHECK

Notice early irritation

Date: _____ Sleep: _____ hours Stress: 0 / 1 / 2 / 3

Morning routine: ☐ Yes ☐ Partly ☐ No Evening routine: ☐ Yes ☐ Partly ☐ No

Oiliness: 0 / 1 / 2 / 3 Comfort: 0 / 1 / 2 / 3 New inflamed spots: _____

Skin comfort today: ☐ Comfortable ☐ Slightly dry ☐ Stinging ☐ Itchy ☐ Sore

Any product you suspect is irritating? _____

Notes: _____

Do not push through strong or persistent irritation to finish a planned trial.

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SECTION 09 / DAY 6 — DAILY LIFE

Consider heat, sweat, and friction

Date: _____ Sleep: _____ hours Stress: 0 / 1 / 2 / 3

Morning routine: ☐ Yes ☐ Partly ☐ No Evening routine: ☐ Yes ☐ Partly ☐ No

Oiliness: 0 / 1 / 2 / 3 Comfort: 0 / 1 / 2 / 3 New inflamed spots: _____

Any prolonged sweating, helmet/strap friction, face touching, or damp clothing?

Notes: _____

Practical adjustments may help reduce irritation, but not every breakout has an identifiable trigger.

SKIN CLARITY REMINDER • Track calmly, avoid assumptions, and seek professional help when appropriate.

SECTION 10 / DAY 7 — WEEK ONE REVIEW

Summarise, then continue calmly

What was easiest to repeat this week? _____

What made the routine difficult? _____

Did you notice persistent irritation or discomfort? _____

Any repeated context worth observing next week? _____

One change I will make to the process—not a drastic skincare change: _____

Do not expect a full treatment result after one week. Continue as directed unless a concern requires professional advice.

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SECTION 11 / DAY 8 — RESET YOUR FOCUS

Return to the basics

Date: _____ Sleep: _____ hours Stress: 0 / 1 / 2 / 3

Morning routine: ☐ Yes ☐ Partly ☐ No Evening routine: ☐ Yes ☐ Partly ☐ No

Oiliness: 0 / 1 / 2 / 3 Comfort: 0 / 1 / 2 / 3 New inflamed spots: _____

Did you use products as directed? _____

What one habit would make tomorrow easier? _____

Notes: _____

Progress includes better consistency and understanding—not only fewer visible spots.

SKIN CLARITY REMINDER • Track calmly, avoid assumptions, and seek professional help when appropriate.

SECTION 12 / DAY 9 — OBSERVE PRODUCTS

Track one variable at a time

Date: _____ Sleep: _____ hours Stress: 0 / 1 / 2 / 3

Morning routine: ☐ Yes ☐ Partly ☐ No Evening routine: ☐ Yes ☐ Partly ☐ No

Oiliness: 0 / 1 / 2 / 3 Comfort: 0 / 1 / 2 / 3 New inflamed spots: _____

Product used differently today? _____

Any reaction or change? _____

Notes: _____

Keep the product name and directions available. Ask a pharmacist or clinician if you are unsure about combining products.

SKIN CLARITY REMINDER • Track calmly, avoid assumptions, and seek professional help when appropriate.

SECTION 13 / DAY 10 — WELLBEING CHECK

Your skin is not your whole life

Date: _____ Sleep: _____ hours Stress: 0 / 1 / 2 / 3

Routine completed in a way that felt manageable? ☐ Yes ☐ Partly ☐ No

Oiliness: 0 / 1 / 2 / 3 Comfort: 0 / 1 / 2 / 3 New inflamed spots: _____

Did skin worries interfere with work, rest, relationships, or social plans?

One supportive action unrelated to appearance: _____

If acne is causing significant distress, you deserve support from a qualified professional or trusted person.

SKIN CLARITY REMINDER • Track calmly, avoid assumptions, and seek professional help when appropriate.

SECTION 14 / DAY 11 — PATTERNS, NOT PERFECTION

Notice repeats across several days

Date: _____ Sleep: _____ hours Stress: 0 / 1 / 2 / 3

Morning routine: ☐ Yes ☐ Partly ☐ No Evening routine: ☐ Yes ☐ Partly ☐ No

Oiliness: 0 / 1 / 2 / 3 Comfort: 0 / 1 / 2 / 3 New inflamed spots: _____

Which observation has repeated more than once? _____

What else might explain it? _____

Notes: _____

A pattern is a clue to explore, not proof. Avoid restrictive diets or treatment changes based on one entry.

SKIN CLARITY REMINDER • Track calmly, avoid assumptions, and seek professional help when appropriate.

SECTION 15 / DAY 12 — ROUTINE TOLERANCE

Check whether the plan is sustainable

Date: _____ Sleep: _____ hours Stress: 0 / 1 / 2 / 3

Morning routine: ☐ Yes ☐ Partly ☐ No Evening routine: ☐ Yes ☐ Partly ☐ No

Oiliness: 0 / 1 / 2 / 3 Comfort: 0 / 1 / 2 / 3 New inflamed spots: _____

What step feels unnecessary or difficult? _____

What step is important and manageable? _____

Notes: _____

If the routine is too complicated, discuss simplification with a clinician if prescription treatment is involved.

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SECTION 16 / DAY 13 — PREPARE YOUR REVIEW

Collect questions for yourself or a clinician

Date: _____ Sleep: _____ hours Stress: 0 / 1 / 2 / 3

Morning routine: ☐ Yes ☐ Partly ☐ No Evening routine: ☐ Yes ☐ Partly ☐ No

Oiliness: 0 / 1 / 2 / 3 Comfort: 0 / 1 / 2 / 3 New inflamed spots: _____

What do I want to ask a pharmacist or clinician? _____

Product or symptom I want to mention: _____

Notes: _____

Seek professional assessment for deep painful acne, scarring, sudden changes, or persistent symptoms.

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SECTION 17 / DAY 14 — FINAL OBSERVATION

Review what you learned

Date: _____ Routine consistency over 14 days: ____ / 14 days

Most consistent observation: _____

Any irritation that needs attention? _____

A habit I can realistically continue: _____

A question I want answered by a professional: _____

What I learned about my routine: _____

The tracker ends; your observation can continue. Fourteen days does not prove a treatment worked or failed.

SKIN CLARITY REMINDER • Track calmly, avoid assumptions, and seek professional help when appropriate.

SECTION 18 / PHOTO & MIRROR GUIDELINES

Make comparisons fair and gentle

If you choose to take photographs, use similar lighting, distance, angle, and camera settings. Take them at a planned interval rather than whenever you feel worried about your skin.

Avoid filters, beauty modes, and different lighting if you want to compare visible changes. Photos cannot diagnose acne, distinguish all types of marks, or predict how a treatment will work.

If repeated mirror checks increase anxiety, reduce close-up inspections and focus on routine habits. You can use this tracker without photos.

A photograph is a record, not a grade.

SKIN CLARITY REMINDER • Track calmly, avoid assumptions, and seek professional help when appropriate.

SECTION 19 / WEEKLY SUMMARY WORKSHEET

Look at the bigger picture

Week / dates: _____

Routine consistency: _____

Comfort and irritation: _____

New inflamed spots (rough trend): _____

Potential context noticed more than once: _____

Questions for a clinician or pharmacist: _____

One thing I will keep doing: _____

One thing I will avoid changing impulsively: _____

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SECTION 20 / PRODUCT & ROUTINE INVENTORY

Know what you are using

PRODUCT	PURPOSE / ACTIVE	START DATE	REACTION / NOTES

Keep packaging or take clear photographs of ingredient lists. Include prescribed medicines and supplements when preparing for a consultation.

Do not start, stop, or combine prescription medicines based solely on this worksheet.

SKIN CLARITY REMINDER • Track calmly, avoid assumptions, and seek professional help when appropriate.

SECTION 21 / WHEN TO GET HELP

Use the tracker to support—not delay—care

Arrange professional advice for acne that is deep, painful, scarring, widespread, sudden, persistent, or affecting your wellbeing. Ask for help if you are unsure whether a rash or bump is acne.

Seek prompt medical advice for signs of infection such as increasing pain, warmth, swelling, spreading redness, or fever. Difficulty breathing or severe facial/throat swelling requires emergency care.

Bring your tracker, product list, and questions to an appointment. Your notes can help describe what you tried and how your skin responded.

You do not need to finish 14 days before seeking care.

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SECTION 22 / FINAL REFLECTION

Choose the next sensible step

The purpose of observation is to replace guesswork with useful information. You may have learned that your routine is manageable, that a product irritates your skin, that a habit is hard to repeat, or that professional advice would help.

Choose a next step based on the whole picture. Keep using treatments as directed, avoid unnecessary changes, and seek help when symptoms warrant it.

Thank you for using the Skin Clarity Progress Tracker.

Tolu Adebayo

Skin Clarity

Educational tool only. It is not a diagnostic instrument and does not replace individual medical advice.

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