



GLOW UP PLANNER

It's time for this bud to blossom.

WHY I WANT TO GLOW UP

List the main reason why you want to glow up. This should be the most important thing, the driving force behind your wish to blossom. Whenever you feel like giving up, come back to this page to remind yourself why you wanted this in the first place.

MY GLOW UP GOALS

In my glow up, I want to achieve these exact goals:



SKINCARE ROUTINE

List the skincare steps you're planning to do every morning and evening. Checkmark the step once it's done every weekday.

MORNING ROUTINE

STEP	M	T	W	Th	F	S	Su

EVENING ROUTINE

STEP	M	T	W	Th	F	S	Su

HAIR CARE ROUTINE

List the hair care steps you're planning to do every morning and evening. Also, list weekly and monthly treatments you're planning to do.

MORNING

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WATER INTAKE

Use this tracker to track your water intake for the whole month. Checkmark a bubble whenever you drink 1 glass of water.

Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Monday	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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WEIGHT CONTROL

Track your weight changes and try to reach your goal weight.

Starting weight:

Goal weight:

DATE	WEIGHT	CHANGE	NOTES

WORKOUT TRACKER

Track any activity that helps to move your body. You can track the same activity every week (like your regular yoga workout) or choose a new activity every week to keep it interesting.

TIME SPENT (in minutes)							
ACTIVITY	M	T	W	Th	F	S	Su

BEAUTY NUTRITION

Your nutrition matters a lot. Plan or track what you eat in this tracker.

	BREAKFAST	LUNCH	DINNER	SNACKS
MONDAY				
TUESDAY				
WEDNESDAY				
THURSDAY				
FRIDAY				
SATURDAY				
SUNDAY				

BODY MEASUREMENTS

Track visual body changes to see your progress week by week.

Month:

BODY PART	Week 1	Week 2	Week 3	Week 4
Chest				
Arms				
Waist				
Hips				
Thighs				

Month:

BODY PART	Week 5	Week 6	Week 7	Week 8
Chest				
Arms				
Waist				
Hips				
Thighs				

BODY CARE ROUTINE

List the body care steps you're planning to do every morning and evening. Also, list weekly and monthly treatments you're planning to do.

MORNING

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EVENING

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BEAUTY SLEEP

Track how many hours you sleep. You can also list your overnight beauty treatments.

DAY	HOURS SLEPT	TREATMENTS
1		
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PRODUCTS TO TRY

List the makeup or beauty products you would like to try or buy.











































BEAUTY IDEAS

Here's a bunch of beauty ideas to include in your glow up beauty routines!

F A C E

- ♥ Face masks
- ♥ Face serums
- ♥ Various facials
- ♥ Steaming
- ♥ Exfoliation
- ♥ Anti-aging skincare
- ♥ Brightening skincare
- ♥ Acne treatments
- ♥ Face rolling
- ♥ Face massage
- ♥ Facial exercises

B O D Y

- ♥ Body wraps
- ♥ Body exfoliation
- ♥ Self-tanning
- ♥ Cellulite treatments
- ♥ Massage
- ♥ Dry brushing
- ♥ Depilation
- ♥ Waxing

H A I R + B R O W S + L A S H E S

- ♥ Moisturizing masks
- ♥ Hot oil treatments
- ♥ Hair loss treatments
- ♥ Hair dyeing
- ♥ Haircuts
- ♥ Hair growth treatments
- ♥ Hair ampoules
- ♥ Hair serums
- ♥ Keratin treatments
- ♥ Eyebrow threading
- ♥ Regrowing eyebrows
- ♥ Eyelash growth serums
- ♥ Eyebrow dyeing

H A N D S + F E E T + N A I L S

- ♥ Nail strengthening
- ♥ Long-wear manicure
- ♥ French manicure
- ♥ Cuticle treatments
- ♥ Hand masks
- ♥ Pedicure
- ♥ Foot baths
- ♥ Foot exfoliators



**You are imperfect, permanently and
inevitably flawed. And you are**

BEAUTIFUL

- Amy Bloom