

Skin & Life Notes

One short check-in a day. Write what you notice, including days when nothing changes.

Date: _____ Time: _____

What did I notice on my skin?

Where, when, and how did it feel? Describe it without naming a diagnosis.

What touched my skin?

Skincare, makeup, hair products, laundry products, or fragrance. Note changes.

How was my sleep?

Approximate hours and how rested I felt.

How was my day?

Stress, travel, sweating, or other changes.

Meals and anything else I want to remember

A brief note is enough. No calorie counting, food grading, or elimination experiment.

Keep your usual care. Do not stop prescribed treatment or cut out foods to complete these notes. Reuse this page for as many days as feels useful.

Bring your questions.

Look back when you are ready. A pattern is a question to explore, not proof of a cause.

What repeated - and what did not?

Include calm-skin days too. Timing alone does not establish a trigger.

What am I unsure about?

For example: a product, a recurring change, or a habit I find hard to keep.

What would I like help with?

Write one question for a skincare conversation and one for a clinician, if needed.

Know what these notes can tell you

Diet may play a role in acne for some people; a diary cannot diagnose a food allergy or intolerance. Fragrance reactions can need medical assessment. For suspected allergies or persistent, painful, or worsening skin concerns, bring your notes to a qualified clinician.

Educational reflection only. Not a diagnostic test or a treatment plan.

Further reading: American Academy of Dermatology

Diet and acne | Medical patch testing for skin allergy