

# The Perfect Day

Skin care tips that everyone should know



- ☐ Wake up around, 5 am to 6 am
- ☐ Drink a glass of water
- ☐ Brush your teeth
- ☐ Gargle your mouth with Coconut Oil
- ☐ Have a hot shower
- ☐ Apply Moisturiser/ Oil/ Cream to body
- ☐ Wear what makes you feel confident
- ☐ Eat plenty of breakfast
- ☐ Drink a glass of Water
- ☐ Go to school/ Work on time
- ☐ Concentrate on your work in school/ Work
- ☐ Drink a glass of water
- ☐ After you reach home
- ☐ Get into comfy clothes
- ☐ Eat lunch
- ☐ Drink a glass of water
- ☐ Do your Homework / House cleaning

- ☐ Relax, watch TV/ Hangout with Friends
- ☐ Drink a glass of water
- ☐ Jog for 30 min
- ☐ Have a warm bath
- ☐ Eat Dinner
- ☐ Pray to God, thank him for everything
- ☐ Drink a glass of water / Green tea
- ☐ Sleep around 9:00 to 9:30

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