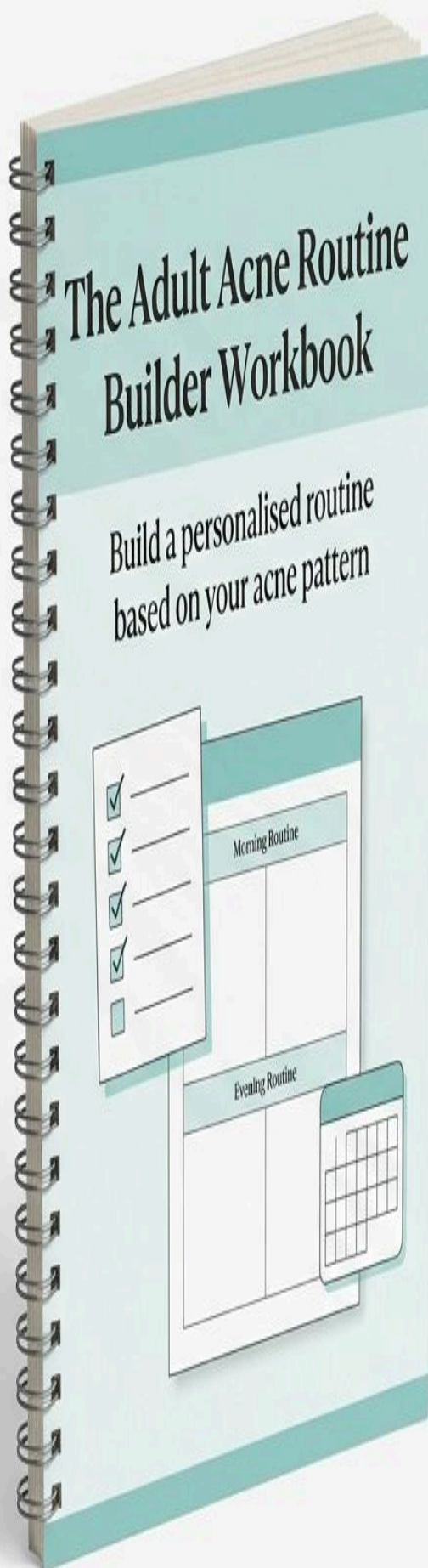




BONUS SECTION

The Adult Acne Routine Builder Workbook **Create a Skincare Routine That Fits *Your* Skin**

Your Skin Pattern Assessment

One of the biggest mistakes women make is following skincare routines that were designed for someone else's skin.

This workbook will help you build a simple, personalized routine based on your own acne pattern, lifestyle, and skin needs.

Step 1: Identify Your Main Acne Pattern

Tick the statements that apply to you.

Hormonal Pattern

- ☐ Breakouts appear around my menstrual cycle
- ☐ Most pimples appear on my chin or jawline
- ☐ My breakouts are deep and painful
- ☐ They return in similar areas each month

Skin Barrier Pattern

- ☐ My skin feels tight after washing
- ☐ Products often sting my skin
- ☐ My skin is easily irritated
- ☐ I use several active ingredients

Lifestyle Pattern

- ☐ My sleep is inconsistent
- ☐ Stress levels are high
- ☐ My meals are irregular
- ☐ I rarely make time for self-care

Routine Pattern

- ☐ I frequently switch products
- ☐ I skip my skincare routine
- ☐ I buy trending products
- ☐ I expect fast results

Your Highest Score

My dominant acne pattern is:

My biggest skin concern is:

My goal for the next 30 days is:

Build Your Morning Routine

Your Simple Morning Routine

The best routine is one you can consistently follow.

Step 1: Cleanser

The cleanser I will use:

How my skin feels after cleansing:

☐ Comfortable

☐ Tight

☐ Dry

☐ Oily

Step 2: Moisturizer

The moisturizer I will use:

Step 3: Sunscreen

The sunscreen I will use:

Morning Routine Checklist

- ☐ Cleansed gently
- ☐ Applied moisturizer
- ☐ Applied sunscreen
- ☐ Avoided picking pimples

My Morning Routine Time

I will complete my morning routine at:

_____ AM

Reminder

Consistency is more important than perfection.

Build Your Evening Routine

Your Evening Routine Builder

Step 1: Remove Makeup/Sunscreen

- ☐ Yes
- ☐ No

Step 2: Cleanser

Evening cleanser:

Step 3: Moisturizer

Evening moisturizer:

Step 4: Treatment Product

(If recommended by a healthcare professional or already part of your routine)

Treatment:

How often will I use it?

- ☐ Daily
- ☐ Every other day
- ☐ Twice weekly
- ☐ Other: _____

Evening Routine Checklist

- ☐ Removed makeup
- ☐ Cleansed gently
- ☐ Applied moisturizer
- ☐ Used treatment correctly

☐ Avoided introducing new products

My Evening Routine Time

I will complete my evening routine at:

_____ PM

The Product Elimination & Consistency Tracker

Product Elimination Worksheet

List all the skincare products you currently own.

Produce	Keep	Pause	Unsure
----------------	-------------	--------------	---------------

☐	☐	☐
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☐	☐	☐
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☐	☐	☐
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The 30-Day Product Pause

For the next 30 days:

☐ I will avoid buying new skincare products.

☐ I will avoid changing my routine weekly.

☐ I will introduce only one new product at a time if necessary.

My Non-Negotiable Routine

Morning:

Evening:

My Biggest Trigger to Avoid

My Replacement Habit

Instead of buying another product, I will:

My 30-Day Routine Calendar

Weekly Habit Tracker

Tick each day you complete your routine.

[illegible]

Evening ☐ ☐ ☐ ☐ ☐ ☐ ☐
routine

Sunscreen ☐ ☐ ☐ ☐ ☐ ☐ ☐

Water goal ☐ ☐ ☐ ☐ ☐ ☐ ☐

No picking ☐ ☐ ☐ ☐ ☐ ☐ ☐

End-of-Week Reflection

What improved this week?

What triggered breakouts?

What habit was easiest to maintain?

What habit needs more attention?

My Promise to Myself

I will stop chasing perfection.

I will build a routine that fits my skin.

I will stay consistent even when progress feels slow.

Signature: _____

Date: _____

The Adult Acne Routine Builder Workbook

By Joshua Biterefie

*Use this workbook alongside **The Clear Skin Pattern Reset™** to build a simple, sustainable skincare routine that supports healthier-looking skin and greater confidence.*

