

Monthly Self-Assessment (end of weeks 4, 8, and 12)

Hydration level: 1 Very dry 2 3 4 5 Deeply hydrated
Skin firmness: 1 Very loose 2 3 4 5 Noticeably firmer
Texture / tone: 1 Rough/uneven 2 3 4 5 Smooth and even
Barrier comfort: 1 Tight/reactive 2 3 4 5 Comfortable
Overall confidence: 1 No change 2 3 4 5 Significant improvement

Day 90 Reflection

What is the most noticeable change you observed?

Which protocol step made the biggest difference?

What will you continue doing beyond 90 days?
