



ATLANTA ACNE
SPECIALISTS

Weeks 1-2 Routine Calendar

Day 1 AM: Serum PM: Acne Gel 15 mins	Day 2 AM: PM: Acne Gel 15 mins	Day 3 AM: Serum PM: Acne Gel 15 mins	Day 4 AM: PM: Acne Gel 30 mins	Day 5 AM: Serum PM: Acne Gel 30 mins	Day 6 AM: PM: Acne Gel 30 mins	Day 7 AM: Serum PM: Acne Gel 1 hour
Day 8 AM: PM: Acne Gel 1 hour	Day 9 AM: Serum PM: Acne Gel 1 hour	Day 10 AM: PM: Acne Gel 2 hours	Day 11 AM: Serum PM: Acne Gel 2 hours	Day 12 AM: PM: Acne Gel 2 hours	Day 13 AM: Serum PM: Acne Gel 2 hours	Day 14 Check email for weeks 3-4 instructions

This calendar is to help you keep track of using your “active products” (serum and acne gel) since you aren’t using them daily yet.