

90-Day Skin Progress Tracker

For JiYu Toning Pads and any exfoliating toner

Jen Tried It
jentriedit.com

PRODUCT

START DATE

SKIN TYPE

Weeks 1 to 2
Watch for hydration and smoother texture first.

Weeks 4 to 8
Dark spots and fine lines start to shift.

Day 90
Decide: keep it, or move on. Your log tells you.

Log once a week. If your skin is sensitive, start at 3 to 4 times a week and build up before going twice daily.

WK	DATES	TIMES / WEEK	STINGING?	REDNESS 0-3	BRIGHT 1-5	NOTES (HOW SKIN FELT, MAKEUP, BREAKOUTS)
PHASE 1 · RAMP UP AND HYDRATE						
1						
2						
3						
PHASE 2 · TONE AND TREAT						
4						
5						
6						
7						
8						
PHASE 3 · THE REAL RESULTS WINDOW						
9						
10						
11						
12						
13						

How to score brightness: snap a quick bare-face photo in the same light each week. 1 is dull and uneven, 5 is bright and

Before, Middle, After

Photos beat memory. Take three.

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Photo check-ins

Day 1	Day 45	Day 90
bare face, morning light	same spot, same light	the verdict shot

The 90-day debrief

What changed that I can actually see?

Did it ever sting, break me out, or dry me out?

Was it easy to keep up twice a day, or did I skip it?

My verdict: keep buying, or move on? Why?