

A FREE PRINTABLE FROM ALLERNOTE

The AM / PM Routine Planner

One page to lay out your morning and evening routine, schedule your actives so they don't clash, and keep a note of what your skin is actually doing.

PRINT AT HOME

ACTIVES SCHEDULE

NO LOGIN

What's inside

- Morning routine, step by step
- Evening routine, step by step
- A weekly actives schedule (so retinol and acids don't collide)
- A spot to log how your skin responds

Morning routine

Light to heavy, finishing with sunscreen. Fill in the products you actually use.

Step	My product	Safe for me?
1 Cleanser gentle / water rinse	_____	☐ Allergen-checked
2 Toner / essence optional	_____	☐ Allergen-checked
3 Treatment vitamin C, etc.	_____	☐ Allergen-checked
4 Eye optional	_____	☐ Allergen-checked
5 Moisturizer	_____	☐ Allergen-checked
6 Sunscreen every morning	_____	☐ Allergen-checked

Tip: Tick "Safe for me?" once you've scanned the product against your allergens. Anything unchecked is worth a second look before it goes on your face.

Evening routine

This is where most actives live. Keep clashing actives on different nights (see page 4).

Step	My product	Safe for me?
1 Makeup remover if needed		☐ Allergen-checked
2 Cleanser		☐ Allergen-checked
3 Treatment / active retinoid, acid...		☐ Allergen-checked
4 Eye optional		☐ Allergen-checked
5 Moisturizer		☐ Allergen-checked
6 Occlusive / oil optional		☐ Allergen-checked

Tip: Tick "Safe for me?" once you've scanned the product against your allergens. Anything unchecked is worth a second look before it goes on your face.

Weekly actives schedule

Spread strong actives across the week so they don't clash. Write one active (or "rest") in each night.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Evening active						
Notes						

A simple, low-clash week

Many people alternate: retinoid on two or three nights, an exfoliating acid (AHA/BHA) on two others, and a rest/barrier night in between. Keep vitamin C for the morning. Pair this page with **"Don't Layer These"** to avoid the combinations that fight.

A ROUTINE IS ONLY AS SAFE AS ITS INGREDIENTS

Check every step against your skin.

Save your allergens once, then scan each product in your routine.

AllerNote gives a clear safe / avoid for your specific triggers — and you can build the whole routine in-app, step by step.

- **Build a routine in-app** · allernote.com/routines
- **Scan a product** · allernote.com/tools/try