

BONUS 2

# The 90-Day Consistency Tracker

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Track every day. See your progress. Keep going.

By Temi Adeyemi · Skin Clarity Africa

## HOW TO USE THIS TRACKER

# Before Day 1

This tracker is your 90-day partner. It keeps you honest. It keeps you consistent. And on the days when your skin is frustrating you and nothing feels like it is working — it shows you clearly how far you have come.

Skin takes time. Most women want to see results in 3 days. But skin that has been unbalanced for years cannot reset in 3 days. It needs weeks of consistent, calm, correct habits. This tracker makes sure you give it exactly that.

**Every day:** Fill in your daily tracker row. It takes 60 seconds. Do it at night before you sleep.

**Every week:** Complete the Weekly Reflection. Tick what you did. Rate your skin. Write one note.

**Every month:** Complete the Monthly Review on the last day. Compare your numbers. See the pattern.

**On hard days:** Flip back to Month 1. Look at how far you have come. Then keep going.

SYMBOL	WHAT TO WRITE
Breakouts	Write the number of new breakouts that day. If none, write 0.
Protocol Y / N	Did you follow the Sanara protocol today? Circle Y for yes, N for no.
Water ■■■■■■■■	Tick one box for every glass of water you drink. Aim for 8.
Notes	One short note about your skin — or anything that might be a trigger.

**My name:** \_\_\_\_\_

**I started this tracker on:** \_\_\_\_\_

**My breakout type (from Section 1):** \_\_\_\_\_

**My main trigger (from Section 2):** \_\_\_\_\_

**My goal for 90 days:** \_\_\_\_\_

MONTH 1

# Month One

Days 1–30. Your skin is learning new habits. Be patient. Be consistent.

## MONTH 1 OVERVIEW

Shade or mark each day as you go.

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Shade each day: ■ Clear skin ■ 1–2 small breakouts ■ 3+ breakouts (use different colours or marks)

MON Day 1	TUE Day 2	WED Day 3	THU Day 4	FRI Day 5	SAT Day 6	SUN Day 7
Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)
Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N
Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■
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Tick what you did this week:

- Changed pillowcase at least once this week
- Drank 8 glasses of water most days
- Avoided my main trigger food(s)
- Did not pick or squeeze any breakouts
- Used only approved products — no new products added
- Followed the Calm-Down Protocol for any new breakout

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<b>MON Day 8</b>	<b>TUE Day 9</b>	<b>WED Day 10</b>	<b>THU Day 11</b>	<b>FRI Day 12</b>	<b>SAT Day 13</b>	<b>SUN Day 14</b>
Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)
Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N
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**WEEK 3 · Days 15 – 21**

Date: \_\_\_\_\_

<b>MON Day 15</b>	<b>TUE Day 16</b>	<b>WED Day 17</b>	<b>THU Day 18</b>	<b>FRI Day 19</b>	<b>SAT Day 20</b>	<b>SUN Day 21</b>
Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)
Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N
Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■
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MON Day 22	TUE Day 23	WED Day 24	THU Day 25	FRI Day 26	SAT Day 27	SUN Day 28
Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)
Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N
Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■
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<b>MONTH 1 REVIEW</b>	Complete this on the last day of the month.
How many breakouts did I have this month?	_____
How many breakouts did I have LAST month?	_____
Is that number going down? (circle):	<b>YES / NO / SAME</b>
How long did each breakout last on average?	_____ days
Any new triggers I discovered this month?	_____
Any triggers I successfully removed?	_____
Did I have a hormonal flare? When in my cycle?	_____
How did my skin feel overall? (1–10):	Score: _____
One thing I will do differently next month:	_____

MONTH 2

# Month Two

Days 31–60. You are finding your pattern. Stay steady.

MONTH 2 OVERVIEW

Shade or mark each day as you go.

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Shade each day: ■ Clear skin ■ 1–2 small breakouts ■ 3+ breakouts (use different colours or marks)

<b>MON Day 31</b>	<b>TUE Day 32</b>	<b>WED Day 33</b>	<b>THU Day 34</b>	<b>FRI Day 35</b>	<b>SAT Day 36</b>	<b>SUN Day 37</b>
Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)
Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N
Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■
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<b>MON Day 38</b>	<b>TUE Day 39</b>	<b>WED Day 40</b>	<b>THU Day 41</b>	<b>FRI Day 42</b>	<b>SAT Day 43</b>	<b>SUN Day 44</b>
Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)
Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N
Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■
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<b>MON Day 45</b>	<b>TUE Day 46</b>	<b>WED Day 47</b>	<b>THU Day 48</b>	<b>FRI Day 49</b>	<b>SAT Day 50</b>	<b>SUN Day 51</b>
Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)
Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N
Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■
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<b>MON</b> <b>Day 52</b>	<b>TUE</b> <b>Day 53</b>	<b>WED</b> <b>Day 54</b>	<b>THU</b> <b>Day 55</b>	<b>FRI</b> <b>Day 56</b>	<b>SAT</b> <b>Day 57</b>	<b>SUN</b> <b>Day 58</b>
Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)
Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N
Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■
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<b>MONTH 2 REVIEW</b>	Complete this on the last day of the month.
How many breakouts did I have this month?	_____
How many breakouts did I have LAST month?	_____
Is that number going down? (circle):	<b>YES / NO / SAME</b>
How long did each breakout last on average?	_____ days
Any new triggers I discovered this month?	_____
Any triggers I successfully removed?	_____
Did I have a hormonal flare? When in my cycle?	_____
How did my skin feel overall? (1–10):	Score: _____
One thing I will do differently next month:	_____

MONTH 3

# Month Three

Days 61–90. You are almost there. Do not stop now.

## MONTH 3 OVERVIEW

Shade or mark each day as you go.

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Shade each day: ■ Clear skin ■ 1–2 small breakouts ■ 3+ breakouts (use different colours or marks)

<b>MON Day 61</b>	<b>TUE Day 62</b>	<b>WED Day 63</b>	<b>THU Day 64</b>	<b>FRI Day 65</b>	<b>SAT Day 66</b>	<b>SUN Day 67</b>
Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)
Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N
Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■
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<b>MON Day 68</b>	<b>TUE Day 69</b>	<b>WED Day 70</b>	<b>THU Day 71</b>	<b>FRI Day 72</b>	<b>SAT Day 73</b>	<b>SUN Day 74</b>
Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)
Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N
Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■
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<b>MON Day 75</b>	<b>TUE Day 76</b>	<b>WED Day 77</b>	<b>THU Day 78</b>	<b>FRI Day 79</b>	<b>SAT Day 80</b>	<b>SUN Day 81</b>
Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)
Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N
Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■
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MON Day 82	TUE Day 83	WED Day 84	THU Day 85	FRI Day 86	SAT Day 87	SUN Day 88
Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)
Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N
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<b>MON Day 89</b>	<b>TUE Day 90</b>	<b>WED Day 91</b>	<b>THU Day 92</b>	<b>FRI Day 93</b>	<b>SAT Day 94</b>	<b>SUN Day 95</b>
Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)	Breakouts (write number)
Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N	Protocol? Circle: Y / N
Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■	Water ■■■■■■ ■■
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<b>MONTH 3 REVIEW</b>	Complete this on the last day of the month.
How many breakouts did I have this month?	_____
How many breakouts did I have LAST month?	_____
Is that number going down? (circle):	<b>YES / NO / SAME</b>
How long did each breakout last on average?	_____ days
Any new triggers I discovered this month?	_____
Any triggers I successfully removed?	_____
Did I have a hormonal flare? When in my cycle?	_____
How did my skin feel overall? (1–10):	Score: _____
One thing I will do differently next month:	_____

# Your 90-Day Reflection

You made it to Day 90. Take a moment. That is not a small thing. You showed up for your skin — consistently — for 90 days. Now let us see what that consistency produced.

How many breakouts did I have in Month 1?	_____
How many breakouts did I have in Month 3?	_____
How many triggers did I identify in 90 days?	_____
How many triggers did I successfully remove?	_____
Longest streak of clear days in a row:	_____ days
Product(s) I removed that made the biggest difference:	_____
Food(s) I removed that made the biggest difference:	_____
Habit I changed that helped most:	_____
How does my skin feel today vs Day 1?	_____ _____
What am I most proud of from these 90 days?	_____ _____
What will I keep doing from here?	_____ _____

*You were never broken. You were just never given the right question to ask. Now you have the question. Now you have the answer. And now you have 90 days of proof that you can show up for yourself — consistently, patiently, and without giving up. That is everything.*

***Temí Adeyemi · Skin Clarity Africa***

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