Skincare purchase and replacement log

Record what you actually bought. Write one purchase per row, using the exact product name and the price you paid.

BEFORE YOU START

Use the exact name from the package or official page. Record only the claims you can verify and keep unknown information visible. This worksheet organizes shopping information; it does not assess product safety for an individual. Keep your completed copy privately.

1 Purchase record

DATE mm/dd/yyyy	**PRODUCT** exact name	**VARIANT** size, version	**QUANTITY / UNIT** e.g. 200 mL	**PAID PRICE** USD	**RETAILER**	**EXPECTED REPLACEMENT DATE** optional

This log records purchases only. It has no fields for skin reactions or health information.

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2 Replacement planning

Plan replacements from your own expectations. How long a package lasts is your planning figure; this log does not recommend one.

PRODUCT	PACKAGE PRICE	DAYS A PACKAGE LASTS (YOUR PLANNING)	ANNUALIZED COST (PRICE × 365 ÷ DAYS)	EXPECTED REPLACEMENT DATE

The replacement-cost calculator at naturalibeauty.com/tools/routine-cost/ does the annualized arithmetic for you. Actual purchase timing and leftover stock can differ.

3 Paid prices by month

Add up the paid prices from page 1 by month. Leave out a purchase without a date until the date is known.

MONTH	TOTAL PAID (USD)	NOTES

This log does not set a treatment schedule, mark a product expired or recommend how often to replace a product.

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