



Cherry Blossom
NATURAL • WELLNESS

THE SKIN CLUE LOG

A 14-Day Skin Detective Journal from Dr. Mack

Your skin changed. Don't guess. Gather the clues.

When your skin suddenly starts reacting, the first instinct may be to guess what caused it. This journal gives you a different approach: collect observations, build a timeline, and look for repeating patterns you can discuss with your health-care team.

Use this journal to notice connections involving:

- Sleep
- Stress
- Digestion
- Hormonal timing
- Food & drinks
- Products
- Environment
- Daily routine

This journal is an observation tool, not a diagnostic tool. It is designed to help you organize information about your skin and daily routine. It does not identify the cause of a skin problem or replace appropriate medical or dermatologic care.

START THE CASE

Begin with what you can observe. You do not need to decide what the skin change is called or what caused it.

Date first noticed:	
Where on my body:	

What did I notice?

- ☐ Breakouts / bumps
- ☐ Redness
- ☐ Itching
- ☐ Dryness / flaking
- ☐ Burning / stinging
- ☐ Sensitivity
- ☐ Swelling
- ☐ Texture change

Other observations:

What did it feel like?

What had changed recently?

Think about products, routines, sleep, stress, digestion, menstrual-cycle timing when applicable, food and drinks, medications or supplements, weather, travel, exercise, and sweating.

YOUR INVESTIGATIVE RULE

Observe first. Look for repetition. Bring useful patterns and questions to the appropriate health-care professional.

DAY 1: TODAY'S SKIN CHECK

Date:	
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What is my skin doing today?

Where am I noticing it?

How noticeable is it today?

☐ Barely noticeable

☐ Mild

☐ Moderate

☐ Significant

THE CLUES

Sleep	Hours: _____ Quality: ☐ Poor ☐ Fair ☐ Good
Stress	☐ Low ☐ Moderate ☐ High
Digestion	Anything different from my usual? _____
Hormonal / menstrual timing	If applicable: _____
Skin & hair products	Anything new or used differently? _____
Medications / supplements	Any recent additions, removals, or changes? _____

Food & drinks: anything new, unusual, or worth remembering?

Environment

☐ Heat

☐ Cold

☐ Dry air

☐ Humidity

☐ Sun

☐ Sweating

☐ Travel

Anything else that changed?

DETECTIVE'S NOTES: What seems unusual about today?

☐ Photo taken today? ☐ Yes ☐ No

DAY 2: TODAY'S SKIN CHECK

Date:	
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What is my skin doing today?

Where am I noticing it?

How noticeable is it today?

☐ Barely noticeable

☐ Mild

☐ Moderate

☐ Significant

THE CLUES

Sleep	Hours: _____ Quality: ☐ Poor ☐ Fair ☐ Good
Stress	☐ Low ☐ Moderate ☐ High
Digestion	Anything different from my usual? _____
Hormonal / menstrual timing	If applicable: _____
Skin & hair products	Anything new or used differently? _____
Medications / supplements	Any recent additions, removals, or changes? _____

Food & drinks: anything new, unusual, or worth remembering?

Environment

☐ Heat

☐ Cold

☐ Dry air

☐ Humidity

☐ Sun

☐ Sweating

☐ Travel

Anything else that changed?

DETECTIVE'S NOTES: What seems unusual about today?

☐ Photo taken today? ☐ Yes ☐ No

DAY 3: TODAY'S SKIN CHECK

Date:	
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What is my skin doing today?

Where am I noticing it?

How noticeable is it today?

☐ Barely noticeable

☐ Mild

☐ Moderate

☐ Significant

THE CLUES

Sleep	Hours: _____ Quality: ☐ Poor ☐ Fair ☐ Good
Stress	☐ Low ☐ Moderate ☐ High
Digestion	Anything different from my usual? _____
Hormonal / menstrual timing	If applicable: _____
Skin & hair products	Anything new or used differently? _____
Medications / supplements	Any recent additions, removals, or changes? _____

Food & drinks: anything new, unusual, or worth remembering?

Environment

☐ Heat

☐ Cold

☐ Dry air

☐ Humidity

☐ Sun

☐ Sweating

☐ Travel

Anything else that changed?

DETECTIVE'S NOTES: What seems unusual about today?

☐ Photo taken today? ☐ Yes ☐ No

DAY 4: TODAY'S SKIN CHECK

Date:	
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What is my skin doing today?

Where am I noticing it?

How noticeable is it today?

☐ Barely noticeable

☐ Mild

☐ Moderate

☐ Significant

THE CLUES

Sleep	Hours: _____ Quality: ☐ Poor ☐ Fair ☐ Good
Stress	☐ Low ☐ Moderate ☐ High
Digestion	Anything different from my usual? _____
Hormonal / menstrual timing	If applicable: _____
Skin & hair products	Anything new or used differently? _____
Medications / supplements	Any recent additions, removals, or changes? _____

Food & drinks: anything new, unusual, or worth remembering?

Environment

☐ Heat

☐ Cold

☐ Dry air

☐ Humidity

☐ Sun

☐ Sweating

☐ Travel

Anything else that changed?

DETECTIVE'S NOTES: What seems unusual about today?

☐ Photo taken today? ☐ Yes ☐ No

DAY 5: TODAY'S SKIN CHECK

Date:

What is my skin doing today?

Where am I noticing it?

How noticeable is it today?

☐ Barely noticeable

☐ Mild

☐ Moderate

☐ Significant

THE CLUES

Sleep	Hours: _____ Quality: ☐ Poor ☐ Fair ☐ Good
Stress	☐ Low ☐ Moderate ☐ High
Digestion	Anything different from my usual? _____
Hormonal / menstrual timing	If applicable: _____
Skin & hair products	Anything new or used differently? _____
Medications / supplements	Any recent additions, removals, or changes? _____

Food & drinks: anything new, unusual, or worth remembering?

Environment

☐ Heat

☐ Cold

☐ Dry air

☐ Humidity

☐ Sun

☐ Sweating

☐ Travel

Anything else that changed?

DETECTIVE'S NOTES: What seems unusual about today?

☐ Photo taken today? ☐ Yes ☐ No

DAY 6: TODAY'S SKIN CHECK

Date:	
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What is my skin doing today?

Where am I noticing it?

How noticeable is it today?

☐ Barely noticeable ☐ Mild ☐ Moderate ☐ Significant

THE CLUES

Sleep	Hours: _____ Quality: ☐ Poor ☐ Fair ☐ Good
Stress	☐ Low ☐ Moderate ☐ High
Digestion	Anything different from my usual? _____
Hormonal / menstrual timing	If applicable: _____
Skin & hair products	Anything new or used differently? _____
Medications / supplements	Any recent additions, removals, or changes? _____

Food & drinks: anything new, unusual, or worth remembering?

Environment

☐ Heat ☐ Cold ☐ Dry air ☐ Humidity ☐ Sun ☐ Sweating ☐ Travel

Anything else that changed?

DETECTIVE'S NOTES: What seems unusual about today?

☐ Photo taken today? ☐ Yes ☐ No

DAY 7: TODAY'S SKIN CHECK

Date:	
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What is my skin doing today?

Where am I noticing it?

How noticeable is it today?

☐ Barely noticeable ☐ Mild ☐ Moderate ☐ Significant

THE CLUES

Sleep	Hours: _____ Quality: ☐ Poor ☐ Fair ☐ Good
Stress	☐ Low ☐ Moderate ☐ High
Digestion	Anything different from my usual? _____
Hormonal / menstrual timing	If applicable: _____
Skin & hair products	Anything new or used differently? _____
Medications / supplements	Any recent additions, removals, or changes? _____

Food & drinks: anything new, unusual, or worth remembering?

Environment

☐ Heat ☐ Cold ☐ Dry air ☐ Humidity ☐ Sun ☐ Sweating ☐ Travel

Anything else that changed?

DETECTIVE'S NOTES: What seems unusual about today?

☐ Photo taken today? ☐ Yes ☐ No

DAY 8: TODAY'S SKIN CHECK

Date:	
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What is my skin doing today?

Where am I noticing it?

How noticeable is it today?

☐ Barely noticeable ☐ Mild ☐ Moderate ☐ Significant

THE CLUES

Sleep	Hours: _____ Quality: ☐ Poor ☐ Fair ☐ Good
Stress	☐ Low ☐ Moderate ☐ High
Digestion	Anything different from my usual? _____
Hormonal / menstrual timing	If applicable: _____
Skin & hair products	Anything new or used differently? _____
Medications / supplements	Any recent additions, removals, or changes? _____

Food & drinks: anything new, unusual, or worth remembering?

Environment

☐ Heat ☐ Cold ☐ Dry air ☐ Humidity ☐ Sun ☐ Sweating ☐ Travel

Anything else that changed?

DETECTIVE'S NOTES: What seems unusual about today?

☐ Photo taken today? ☐ Yes ☐ No

DAY 9: TODAY'S SKIN CHECK

Date:	
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What is my skin doing today?

Where am I noticing it?

How noticeable is it today?

☐ Barely noticeable ☐ Mild ☐ Moderate ☐ Significant

THE CLUES

Sleep	Hours: _____ Quality: ☐ Poor ☐ Fair ☐ Good
Stress	☐ Low ☐ Moderate ☐ High
Digestion	Anything different from my usual? _____
Hormonal / menstrual timing	If applicable: _____
Skin & hair products	Anything new or used differently? _____
Medications / supplements	Any recent additions, removals, or changes? _____

Food & drinks: anything new, unusual, or worth remembering?

Environment

☐ Heat ☐ Cold ☐ Dry air ☐ Humidity ☐ Sun ☐ Sweating ☐ Travel

Anything else that changed?

DETECTIVE'S NOTES: What seems unusual about today?

☐ Photo taken today? ☐ Yes ☐ No

DAY 10: TODAY'S SKIN CHECK

Date:	
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What is my skin doing today?

Where am I noticing it?

How noticeable is it today?

☐ Barely noticeable

☐ Mild

☐ Moderate

☐ Significant

THE CLUES

Sleep	Hours: _____ Quality: ☐ Poor ☐ Fair ☐ Good
Stress	☐ Low ☐ Moderate ☐ High
Digestion	Anything different from my usual? _____
Hormonal / menstrual timing	If applicable: _____
Skin & hair products	Anything new or used differently? _____
Medications / supplements	Any recent additions, removals, or changes? _____

Food & drinks: anything new, unusual, or worth remembering?

Environment

☐ Heat

☐ Cold

☐ Dry air

☐ Humidity

☐ Sun

☐ Sweating

☐ Travel

Anything else that changed?

DETECTIVE'S NOTES: What seems unusual about today?

☐ Photo taken today? ☐ Yes ☐ No

DAY 11: TODAY'S SKIN CHECK

Date:	
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What is my skin doing today?

Where am I noticing it?

How noticeable is it today?

☐ Barely noticeable

☐ Mild

☐ Moderate

☐ Significant

THE CLUES

Sleep	Hours: _____ Quality: ☐ Poor ☐ Fair ☐ Good
Stress	☐ Low ☐ Moderate ☐ High
Digestion	Anything different from my usual? _____
Hormonal / menstrual timing	If applicable: _____
Skin & hair products	Anything new or used differently? _____
Medications / supplements	Any recent additions, removals, or changes? _____

Food & drinks: anything new, unusual, or worth remembering?

Environment

☐ Heat

☐ Cold

☐ Dry air

☐ Humidity

☐ Sun

☐ Sweating

☐ Travel

Anything else that changed?

DETECTIVE'S NOTES: What seems unusual about today?

☐ Photo taken today? ☐ Yes ☐ No

DAY 12: TODAY'S SKIN CHECK

Date:	
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What is my skin doing today?

Where am I noticing it?

How noticeable is it today?

☐ Barely noticeable ☐ Mild ☐ Moderate ☐ Significant

THE CLUES

Sleep	Hours: _____ Quality: ☐ Poor ☐ Fair ☐ Good
Stress	☐ Low ☐ Moderate ☐ High
Digestion	Anything different from my usual? _____
Hormonal / menstrual timing	If applicable: _____
Skin & hair products	Anything new or used differently? _____
Medications / supplements	Any recent additions, removals, or changes? _____

Food & drinks: anything new, unusual, or worth remembering?

Environment

☐ Heat ☐ Cold ☐ Dry air ☐ Humidity ☐ Sun ☐ Sweating ☐ Travel

Anything else that changed?

DETECTIVE'S NOTES: What seems unusual about today?

☐ Photo taken today? ☐ Yes ☐ No

DAY 13: TODAY'S SKIN CHECK

Date:	
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What is my skin doing today?

Where am I noticing it?

How noticeable is it today?

☐ Barely noticeable ☐ Mild ☐ Moderate ☐ Significant

THE CLUES

Sleep	Hours: _____ Quality: ☐ Poor ☐ Fair ☐ Good
Stress	☐ Low ☐ Moderate ☐ High
Digestion	Anything different from my usual? _____
Hormonal / menstrual timing	If applicable: _____
Skin & hair products	Anything new or used differently? _____
Medications / supplements	Any recent additions, removals, or changes? _____

Food & drinks: anything new, unusual, or worth remembering?

Environment

☐ Heat ☐ Cold ☐ Dry air ☐ Humidity ☐ Sun ☐ Sweating ☐ Travel

Anything else that changed?

DETECTIVE'S NOTES: What seems unusual about today?

☐ Photo taken today? ☐ Yes ☐ No

DAY 14: TODAY'S SKIN CHECK

Date:	
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What is my skin doing today?

Where am I noticing it?

How noticeable is it today?

☐ Barely noticeable

☐ Mild

☐ Moderate

☐ Significant

THE CLUES

Sleep	Hours: _____ Quality: ☐ Poor ☐ Fair ☐ Good
Stress	☐ Low ☐ Moderate ☐ High
Digestion	Anything different from my usual? _____
Hormonal / menstrual timing	If applicable: _____
Skin & hair products	Anything new or used differently? _____
Medications / supplements	Any recent additions, removals, or changes? _____

Food & drinks: anything new, unusual, or worth remembering?

Environment

☐ Heat

☐ Cold

☐ Dry air

☐ Humidity

☐ Sun

☐ Sweating

☐ Travel

Anything else that changed?

DETECTIVE'S NOTES: What seems unusual about today?

☐ Photo taken today? ☐ Yes ☐ No

CONNECT THE CLUES

After 14 days, review your notes. You are not trying to prove a cause. You are looking for observations that repeat or questions worth discussing.

When does my skin seem most reactive?

Where do the changes usually appear?

Do stressful periods seem to coincide with skin changes?

- ☐ Often
- ☐ Sometimes
- ☐ Haven't noticed

Does poor sleep seem to coincide with skin changes?

- ☐ Often
- ☐ Sometimes
- ☐ Haven't noticed

Have digestive changes appeared around the same time?

- ☐ Often
- ☐ Sometimes
- ☐ Haven't noticed

Do certain products repeatedly appear in my notes?

Do weather, sweating, travel, or seasonal changes seem relevant?

CONNECT THE CLUES: YOUR NOTES

If applicable, do skin changes seem to follow a particular time of the month?

The three most interesting clues I noticed:

1.	
2.	
3.	

Questions I want to ask my health-care professional:

1.	
2.	
3.	

KNOW WHEN TO CALL IN ANOTHER EXPERT

This log is designed to help you notice and record patterns. It is not intended to diagnose a skin condition. New, persistent, painful, rapidly changing, spreading, infected-looking, or otherwise concerning skin changes should be evaluated by an appropriately licensed medical professional. Seek prompt medical attention for a severe reaction, difficulty breathing, or swelling involving the face, mouth, or throat.



YOU GATHERED THE CLUES. WHAT'S NEXT?

Your notes may help you ask more specific questions about patterns involving your routine, nutrition, lifestyle, products, environment, and other changes. Bring this journal with you when you speak with the appropriate health-care professional.

Schedule a FREE 15-minute discovery call with Dr. Mack to explore your next step for your health.

Call 248-274-6516

For educational purposes only. This journal is not medical advice, does not diagnose or treat disease, and is not a substitute for care from an appropriately licensed health-care professional.