



Date: _____ / _____ / _____

Mon Tue Wed Thu Fri Sat Sun

Tracking Your Natural Hair

Wash Day or Refresh Day

Wash
Co-Wash
Refresh

Protective Style or Loose

Protective
Loose

Products Used

Cleanser/Shampoo:

Conditioner/Deep Conditioner

Leave-in/Moisturizer:

Styler (gel, cream, mousse);



Tracking Your Natural Hair

Techniques Used

- Finger detangling
- Wide-tooth comb
- Deep Conditioned
- Used heat or steam
- Protective Styling
- Trimmed ends

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How my Hair Feels Today

- Soft
- Moisturized
- Dry
- Defined
- Frizzy
- Shedding more than usual

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Notes & Observations

Next wash day:

Goal Until Next Wash Day:
