



Date:

____/____/____

Mon Tue Wed Thu Fri Sat Sun

Tracking Your Natural Hair

Wash Day or Refresh Day

Wash ☐

Co-Wash ☐

Refresh ☐

Products Used

Cleanser/Shampoo:

Protective Style or Loose

Protective ☐

Loose ☐

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 ☐

How my Hair Feels Today

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

Notes & Observations

Next wash day:

Goal Until Next Wash Day: