



ABSOLUTELY  
EVERYTHING  
CURLY

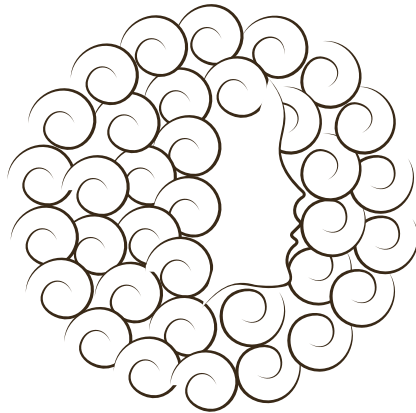
THE COMPLETE  
**Curly Hair Care  
and Wash Day**  
**JOURNAL**





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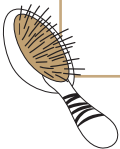
- THIS -  
**Hair Journal**

**belongs to**

---

---

**date:** \_\_\_\_\_





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-ABOUT-

# Me

## HAIR STATS

Age : .....

Color : .....

Type : .....

Density : .....

## HAIR GOALS FOR YEAR \_\_\_\_\_

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## HAIR CHALLENGES TO OVERCOME

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- ABOUT -  
**My Hair Health**

**HAIR STYLE**

- Relaxed       Textaxed  
 Natural       Transitioning  
 Locs       Other.....

**HAIR TYPE/SHAPE**

- Straight       Wavy  
 Curly       Coily

**HAIR HEALTH CONDITION**

- Normal       Dry  
 Oily       Breakage

**HAIR MEASUREMENTS**

- TWA       Front       Back  
 Left       Right

**HAIR ELASTICITY**

- Normal       Medium       Low

**HAIR MEASUREMENTS**

- TWA       Front       Back

**HAIR POROSITY**

- Low       Medium       High

**LAST HAIR TRIM**

- +3 Months       8-12 Weeks  
 6-8 Weeks       6 Weeks

**MY HAIR IS**

- Bleached       Dyed  
 Highlighted       Other.....

**I STRAIGHTEN MY HAIR  
OR USE HEAT FOR STYLING**

- Frequently       Infrequently  
 Rarely/Never

**I DEEP CONDITION HAIR**

- Weekly       Frequently  
 Infrequently       Rarely/Never

**I CLEANSE MY HAIR**

- Weekly       1 Monthly  
 2 x Month       +1 Week







- MONTHLY -  
**Hair Review**



**NEXT MONTH'S HAIR GOALS**

**DATE:** ...../...../.....

**1**

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**2**

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**3**

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**LESSONS LEARNED**

**KEEP DOING**



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- THIS WEEK'S -  
**Wash Day Routine**

DATE: ...../...../.....

Pre-Poo : .....

Shampoo/cowash : .....

Conditioner : .....

Detox : .....

Deep Conditioner : .....

Cream : .....

Gel : .....

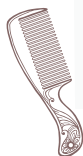
Mousse : .....

Hair Spray : .....

Technique : .....

Drying :  Diffuse  Air-Dry  Root Clip

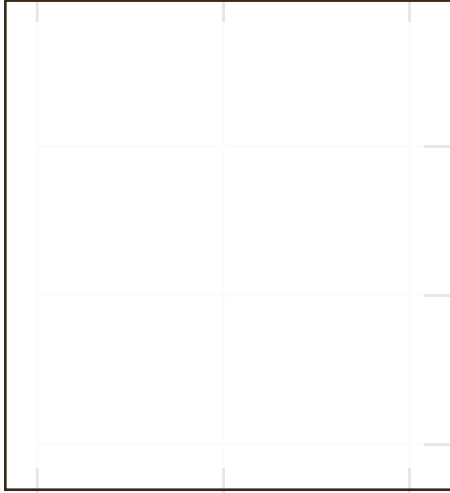
NOTES:



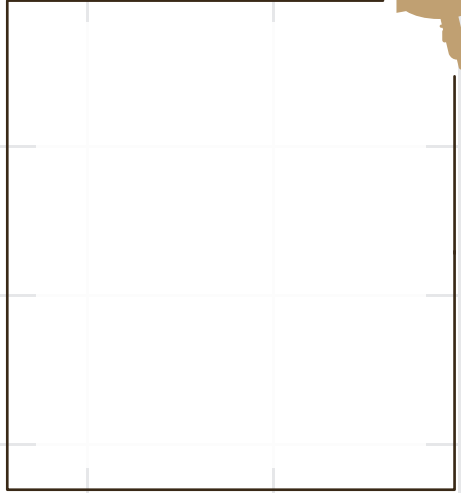
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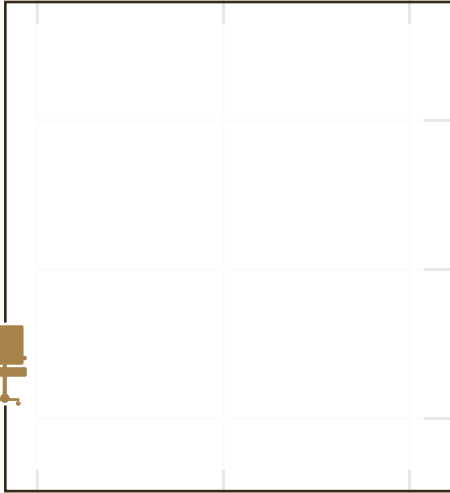
-HAIR-  
**Photos**



January



February



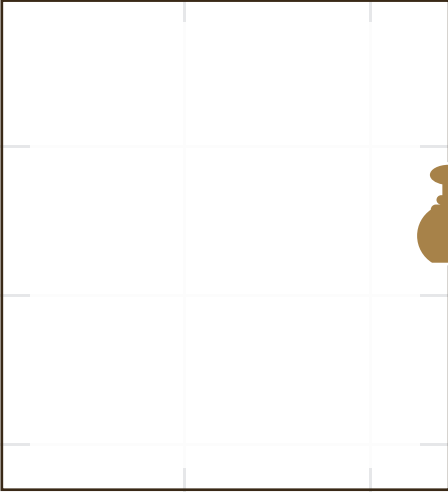
March



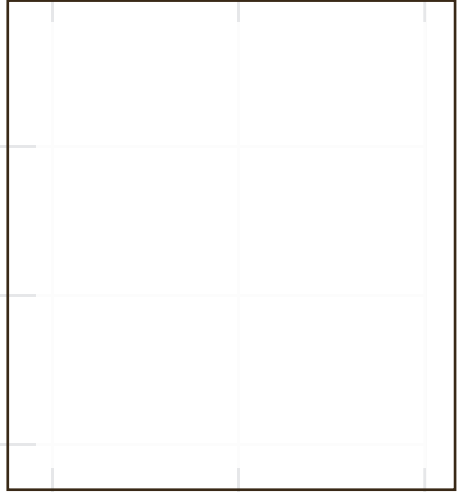
April

- HAIR -

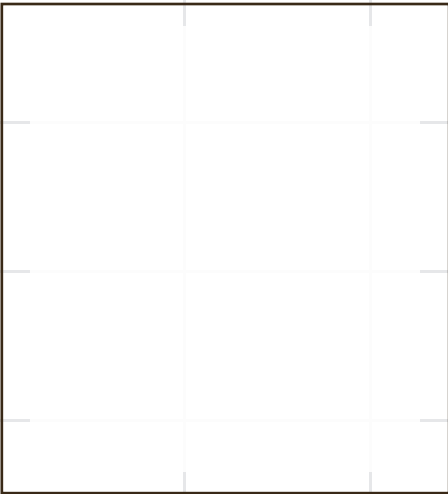
# Photos



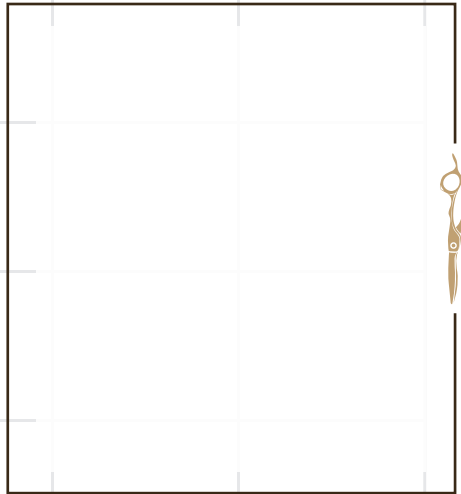
May



June



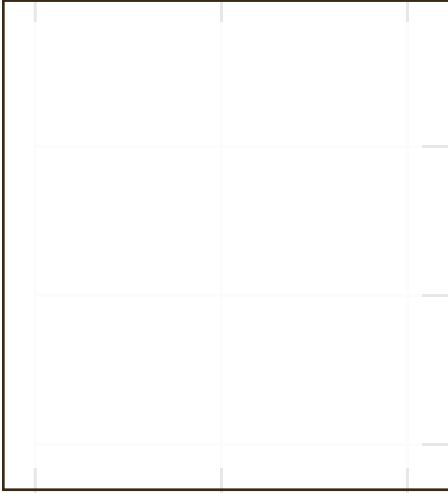
July



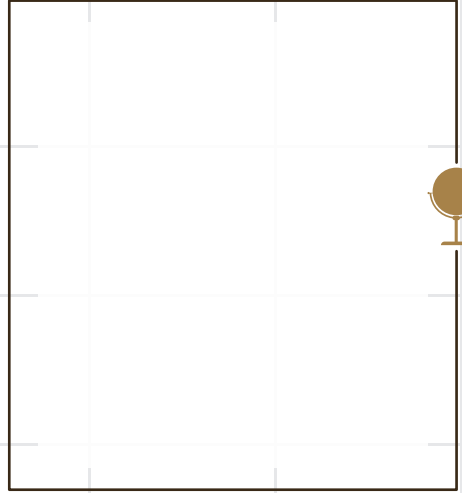
August



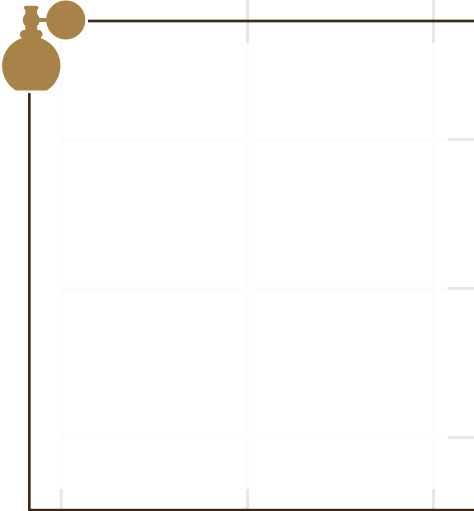
-HAIR-  
**Photos**



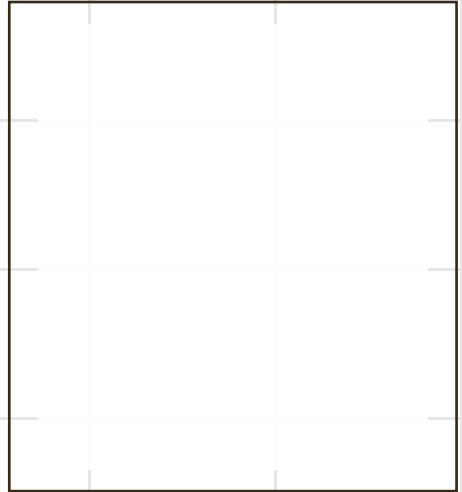
September



October



November



December



-MY-  
Notes



A series of horizontal dotted lines spanning the width of the page, intended for writing notes.



- CONTACT -  
**Information**



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Absolutely Everything Curly



The Complete Hair Care and Wash Day Journal



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