

*The ideal
Hair Care plan*



Hair Care assessment

In order to ensure that you are maintaining the right amount of moisture and protein to your hair, here are a few descriptions on how your hair may be at the moment.

Click on the various descriptions that could be a part of your hair and add on anything else not on the list in the lines below.

This is a great way to document your hair progress and ensure that it's as healthy as it ideally should be.

Condition	YES	NO
Dry		
Oily		
Frizzy		
Stringy		
Flat		
Excessive breakage		
Protective style		
Colored		
Relaxed/straightened		
Natural state		
Split ends		
Long		
Short		

Additional problems experienced

Please note: If you are experiencing any severe hair loss because of a product, be sure to see a specialist so that you can get the necessary medical treatment.

Have you identified your hair type?

Straight

Wavy

Curly

Coily

What products are you using?

Have you used them consistently in the last 3 months?

Any improvement on your scalp?

Put a picture of your current hair state below:

Hair Goals

How do you want your hair to be maintained in future?

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Do you want moisturized hair?

Are you looking to color it?

Do you want to straighten it?

What methods are you using now are they working?

Do you need to change your hair method?

How much less or more do you want to spend on your hair?

When was your last trim?

Wash day

How often are you washing your hair?

What method are you using to maintain moisture if it's curly LOC or LCO?

Do you want to you a protective style or just a wash and go?

Hairstyles for the year (Winter Summer) Put a picture of the styles you want for each month

Calendar

January	February	March
April	May	June
July	August	September

October	November	December

Write the methods below of how you want to look after you hair during those months where you have protective styles.