

Curl Centric®

The Natural Hair Journal

Twelve wash days, one measurement that matters, and a simple way to work out what your hair actually likes.

Made for coily, kinky, curly and loc'd hair

Tracks what you did *and* how it turned out

Shows you the difference between shedding and breakage

Every term explained — no guessing

Free to print. No account, no email.

[CURLCENTRIC.COM/NATURAL-HAIR-JOURNAL](https://curlcentric.com/natural-hair-journal)

How to use this

Most hair journals end up as a long list of product names. This one is built to answer one question: **what is actually making a difference?** Four habits do all the work.

1. Change one thing at a time

Switch your shampoo, your technique and your leave-in in the same week and your hair improves — you have learned nothing about which one helped. Change one thing. Keep everything else the same. Give it three or four wash days before you decide.

2. Write down how it turned out, not just what you used

What you used is the easy half. What matters is how your hair felt and looked on day 1, day 3 and day 5, what your scalp did, and what came out in the sink. Without that, none of it can be read back later.

3. Learn to read your sink

A **shed** hair is full length with a pale little bulb on one end. That is your hair growth cycle working normally — 50 to 100 a day is expected. A **broken** piece is short, uneven, and has no bulb. Shedding is a cycle. Breakage is a handling problem. They need opposite responses.

4. Measure once a month, same four spots

Growth happens at your scalp. Keeping that growth is decided at your ends. Measuring the crown, nape, front and side once a month is the only way to tell which of the two you actually have a problem with.

What's inside

p3	The words people use	p4	What a filled-in page looks like
p5	Where you're starting from	p6	Your regimen plan
p7	Month at a glance	p8-19	Wash day pages × 12
p20	Length and shrinkage	p21	Protective style tracker
p22	Product verdicts	p23-24	Monthly check-in
p25	Twelve-week review	p26	Terms and health

The words people use

Every term used in this journal, in plain English. If you have ever nodded along in a comment section without being sure, this page is for you.

Wash day

The day you cleanse, condition and restyle from scratch.

Co-wash

Washing with a cleansing conditioner instead of shampoo.

Deep condition (DC)

A thicker conditioner left on longer, often with heat.

Seal

Adding oil or butter on top of damp hair to slow moisture escaping.

Slip

How slippery a conditioner is. More slip means easier detangling.

Diffusing

Drying with a bowl attachment so airflow does not blow curls apart.

SOTC

Scrunch out the crunch - breaking the cast once hair is fully dry.

Wash and go

Styling on wet hair and letting it dry as it is.

Protective style

A style that tucks your ends away and needs little daily handling.

Take-down

Removing a protective style. Six to eight weeks is the usual limit.

Bonnet

Satin or silk cap worn at night so cotton cannot rough up your hair.

Density

How many hairs you have on your head.

Shrinkage

How much shorter your hair looks than it really is. Normal, not damage.

Breakage

Short, snapped pieces with no bulb. A handling problem.

Big chop

Cutting off all the relaxed or damaged length at once.

TWA

Teeny weeny afro - very short natural hair, usually after a big chop.

Traction alopecia

Hair loss from styles pulled too tight. Can become permanent.

Protein / moisture balance

Too much protein feels brittle. Too little feels mushy.

Pre-poo

Oil or conditioner put on before you shampoo, so the wash strips less.

Clarify

A deeper wash, roughly monthly, to strip off product build-up.

Leave-in

A light conditioner you do not rinse out.

LOC / LCO

The order you layer: Liquid, Oil, Cream - or Liquid, Cream, Oil.

Plopping

Wrapping wet hair in a T-shirt to soak up water without frizz.

Cast

The crunchy shell gel leaves once it dries. It is doing its job.

Refresh

Reviving day-two or day-three hair with water and a little product.

Twist-out / braid-out

Twisting or braiding damp hair, then unravelling it once dry.

Low manipulation

Touching, combing and restyling your hair as little as possible.

Pineapple

Loosely gathering hair on top of your head overnight.

Porosity

How easily your hair takes in water and how well it holds on to it.

Strand thickness

How thick one single hair is. Not the same as density.

Shedding

Full-length hairs with a pale bulb. Your growth cycle working normally.

Line of demarcation

Where new growth meets relaxed hair. The weakest point on the strand.

Transitioning

Growing out a relaxer gradually instead of big chopping.

Edges

The fine hair around your hairline. The first place tension damage shows.

Build-up

Product left behind on hair or scalp that stops moisture getting in.

Dew point

How much moisture is in the air. High dew points can mean more frizz.

There are another 200 terms in the free dictionary at curlcentric.com/natural-hair-dictionary.

What a filled-in page looks like

One wash day, done properly. Notice that only *one* thing changed, and that how it turned out is recorded three times — that is what makes this page readable in three months.

4

DATE **Mar 14** DAYS SINCE LAST WASH **6** STYLE I'M WEARING **Twist-out**

TODAY WAS A ☒ **Wash day** ☐ Co-wash ☐ Refresh ☐ Clarify ☒ **Deep condition** ☐ Style install ☐ Take-down

What I used

PRE-POO

Coconut oil, 20 min

CONDITIONER

SheaMoisture Restorative

LEAVE-IN

As I Am

OIL OR BUTTER (TO SEAL)

Jojoba

SHAMPOO OR CO-WASH

Shea Moisture JBCO

DEEP CONDITIONER (DC)

Aussie 3 Minute Miracle

CREAM OR MOISTURIZER

same as last time

GEL, CUSTARD OR STYLER

none

How I did it

METHOD ☒ **LOC** ☐ LCO ☐ Neither

DETANGLED ☒ **Wet** ☐ Damp ☐ Dry ☒ **With lots of conditioner** ☒ **Ends first**

WATER ☐ Cool ☒ **Lukewarm** ☐ Warm ☐ Hot

DRIED IT ☒ **Air dried** ☐ Diffused ☐ Blow dried ☐ Plopped first ☐ Banded or stretched

AT NIGHT ☒ **Bonnet** ☐ Satin pillow ☐ Pineapple ☐ Braided or twisted ☐ Nothing

TOOLS, SECTIONS, ANYTHING ELSE

Fingers first, then wide-tooth comb. Four sections.

Conditions

WEATHER ☐ Dry ☒ **Humid**

DEW POINT / HUMIDITY

62 / 78%

SCALP ☒ **Calm** ☐ Itchy ☐ Flaky ☐ Tender ☐ Sore

What came out in the sink

MOSTLY ☒ **Long strands with a pale bulb (shedding)**

☐ Short broken pieces (breakage) ☐ Hardly anything

THE ONE THING I CHANGED SINCE LAST WASH DAY

Detangled wet with conditioner instead of dry

How it turned out

Day 1

Day 3

Day 5

HOW IT FELT

☒ **Soft** ☐ OK ☐ Dry

☒ **Soft** ☐ OK ☐ Dry

☐ Soft ☒ **OK** ☐ Dry

HOW IT LOOKED

☒ **Defined** ☐ A little frizz ☐ Frizzy

☐ Defined ☒ **A little frizz** ☐ Frizzy

☐ Defined ☒ **A little frizz** ☐ Frizzy

NOTES

Far less hair in the sink, and what was there had bulbs on it. Detangling took half as long.

Still felt dry by day 5.

NEXT WASH DAY I'LL CHANGE EXACTLY ONE THING:

Seal with a heavier butter. Nothing else.

ONCE, AT THE START

Where you're starting from

Fill this in once, before you change anything. Everything later gets measured against it.

What my hair is like now

TEXTURE ☐ Wavy ☐ Curly ☐ Coily ☐ Kinky ☐ Loc'd ☐ A mix

POROSITY ☐ Low ☐ Medium ☐ High ☐ Not sure yet

DENSITY ☐ Thin ☐ Medium ☐ Thick

STRAND THICKNESS ☐ Fine ☐ Medium ☐ Coarse

RIGHT NOW I'M ☐ Fully natural ☐ Transitioning

☐ Growing out heat damage ☐ Color treated

IF I HAD A RELAXER, WHEN WAS THE LAST ONE

Starting length, in inches

Gently stretch a section and measure from scalp to end. Same four spots every time.

CROWN

NAPE

FRONT / EDGES

SIDE

SHRINKAGE: HOW LONG IT LOOKS UNSTRETCHED

Where I am right now

MY SCALP IS USUALLY ☐ Calm ☐ Itchy ☐ Flaky ☐ Oily ☐ Dry

☐ Tender

MY BIGGEST PROBLEM IS ☐ Dryness ☐ Breakage ☐ Shedding

☐ Tangles ☐ Frizz ☐ Thin edges

☐ Length won't hold

WHAT I'VE ALREADY TRIED THAT DIDN'T WORK

What I want in twelve weeks

One goal, specific enough that you will know whether you hit it.

Before photo — tape or staple it here

Your regimen plan

What you mean to use, and why. Writing the *why* down is what stops a regimen turning into a shelf of half-used bottles.

STEP	WHAT I'M USING	WHY THIS ONE	HOW OFTEN
Pre-poo			
Shampoo			
Co-wash			
Conditioner			
Deep conditioner			
Protein treatment			
Leave-in			
Cream or moisturizer			
Oil or butter			
Gel or styler			
Night routine			
Scalp care			

My non-negotiables

The three things you do every single wash day, whatever else changes.

1

2

3

What I'm deliberately not doing

Naming this stops old habits creeping back in unnoticed.

Month at a glance

MONTH

SUN	MON	TUE	WED	THU	FRI	SAT

Key

W wash day C co-wash D deep condition P pre-poo CL clarify PS protective style in TD take-down T trim

Wash days I'm planning

If a style goes in

Six to eight weeks is the usual limit. Past that, the take-down does more damage than the style prevented.

STYLE IN

OUT BY

1

DATE

DAYS SINCE LAST WASH

STYLE I'M WEARING

TODAY WAS A ☐ Wash day ☐ Co-wash ☐ Refresh ☐ Clarify ☐ Deep condition ☐ Style install ☐ Take-down

What I used

PRE-POO	SHAMPOO OR CO-WASH
CONDITIONER	DEEP CONDITIONER (DC)
LEAVE-IN	CREAM OR MOISTURIZER
OIL OR BUTTER (TO SEAL)	GEL, CUSTARD OR STYLER

How I did it

METHOD ☐ LOC ☐ LCO ☐ Neither

DETANGLED ☐ Wet ☐ Damp ☐ Dry ☐ With lots of conditioner ☐ Ends first

WATER ☐ Cool ☐ Lukewarm ☐ Warm ☐ Hot

DRIED IT ☐ Air dried ☐ Diffused ☐ Blow dried ☐ Plopped first ☐ Banded or stretched

AT NIGHT ☐ Bonnet ☐ Satin pillow ☐ Pineapple ☐ Braided or twisted ☐ Nothing

TOOLS, SECTIONS, ANYTHING ELSE ABOUT HOW I DID IT

Conditions

WEATHER ☐ Dry ☐ Humid

DEW POINT HUMIDITY

SCALP ☐ Calm ☐ Itchy ☐ Flaky ☐ Tender ☐ Sore

What came out in the sink

MOSTLY ☐ Long strands with a pale bulb (shedding)

☐ Short broken pieces (breakage) ☐ Hardly anything

THE ONE THING I CHANGED SINCE LAST WASH DAY

How it turned out

	HOW IT FELT	HOW IT LOOKED
Day 1	☐ Soft ☐ OK ☐ Dry	☐ Defined ☐ A little frizz ☐ Frizzy
Day 3	☐ Soft ☐ OK ☐ Dry	☐ Defined ☐ A little frizz ☐ Frizzy
Day 5	☐ Soft ☐ OK ☐ Dry	☐ Defined ☐ A little frizz ☐ Frizzy
NOTES		

NEXT WASH DAY I'LL CHANGE EXACTLY ONE THING:

2

DATE _____

DAYS SINCE LAST WASH _____

STYLE I'M WEARING _____

TODAY WAS A ☐ Wash day ☐ Co-wash ☐ Refresh ☐ Clarify ☐ Deep condition ☐ Style install ☐ Take-down

What I used

PRE-POO

SHAMPOO OR CO-WASH

CONDITIONER

DEEP CONDITIONER (DC)

LEAVE-IN

CREAM OR MOISTURIZER

OIL OR BUTTER (TO SEAL)

GEL, CUSTARD OR STYLER

How I did it

METHOD ☐ LOC ☐ LCO ☐ Neither

DETANGLED ☐ Wet ☐ Damp ☐ Dry ☐ With lots of conditioner ☐ Ends first

WATER ☐ Cool ☐ Lukewarm ☐ Warm ☐ Hot

DRIED IT ☐ Air dried ☐ Diffused ☐ Blow dried ☐ Plopped first ☐ Banded or stretched

AT NIGHT ☐ Bonnet ☐ Satin pillow ☐ Pineapple ☐ Braided or twisted ☐ Nothing

TOOLS, SECTIONS, ANYTHING ELSE ABOUT HOW I DID IT

Conditions

WEATHER ☐ Dry ☐ Humid

DEW POINT _____ HUMIDITY _____

SCALP ☐ Calm ☐ Itchy ☐ Flaky ☐ Tender ☐ Sore

What came out in the sink

MOSTLY ☐ Long strands with a pale bulb (shedding)

☐ Short broken pieces (breakage) ☐ Hardly anything

THE ONE THING I CHANGED SINCE LAST WASH DAY

How it turned out

Day 1

Day 3

Day 5

NOTES

HOW IT FELT

☐ Soft ☐ OK ☐ Dry

☐ Soft ☐ OK ☐ Dry

☐ Soft ☐ OK ☐ Dry

HOW IT LOOKED

☐ Defined ☐ A little frizz ☐ Frizzy

☐ Defined ☐ A little frizz ☐ Frizzy

☐ Defined ☐ A little frizz ☐ Frizzy

NEXT WASH DAY I'LL CHANGE EXACTLY ONE THING:

3

DATE _____

DAYS SINCE LAST WASH _____

STYLE I'M WEARING _____

TODAY WAS A ☐ Wash day ☐ Co-wash ☐ Refresh ☐ Clarify ☐ Deep condition ☐ Style install ☐ Take-down

What I used

PRE-POO

SHAMPOO OR CO-WASH

CONDITIONER

DEEP CONDITIONER (DC)

LEAVE-IN

CREAM OR MOISTURIZER

OIL OR BUTTER (TO SEAL)

GEL, CUSTARD OR STYLER

How I did it

METHOD ☐ LOC ☐ LCO ☐ Neither

DETANGLED ☐ Wet ☐ Damp ☐ Dry ☐ With lots of conditioner ☐ Ends first

WATER ☐ Cool ☐ Lukewarm ☐ Warm ☐ Hot

DRIED IT ☐ Air dried ☐ Diffused ☐ Blow dried ☐ Plopped first ☐ Banded or stretched

AT NIGHT ☐ Bonnet ☐ Satin pillow ☐ Pineapple ☐ Braided or twisted ☐ Nothing

TOOLS, SECTIONS, ANYTHING ELSE ABOUT HOW I DID IT

Conditions

WEATHER ☐ Dry ☐ Humid

DEW POINT _____ HUMIDITY _____

SCALP ☐ Calm ☐ Itchy ☐ Flaky ☐ Tender ☐ Sore

What came out in the sink

MOSTLY ☐ Long strands with a pale bulb (shedding)

☐ Short broken pieces (breakage) ☐ Hardly anything

THE ONE THING I CHANGED SINCE LAST WASH DAY

How it turned out

Day 1

Day 3

Day 5

NOTES

HOW IT FELT

☐ Soft ☐ OK ☐ Dry

☐ Soft ☐ OK ☐ Dry

☐ Soft ☐ OK ☐ Dry

HOW IT LOOKED

☐ Defined ☐ A little frizz ☐ Frizzy

☐ Defined ☐ A little frizz ☐ Frizzy

☐ Defined ☐ A little frizz ☐ Frizzy

NEXT WASH DAY I'LL CHANGE EXACTLY ONE THING:

4

DATE

DAYS SINCE LAST WASH

STYLE I'M WEARING

TODAY WAS A ☐ Wash day ☐ Co-wash ☐ Refresh ☐ Clarify ☐ Deep condition ☐ Style install ☐ Take-down

What I used

PRE-POO	SHAMPOO OR CO-WASH
CONDITIONER	DEEP CONDITIONER (DC)
LEAVE-IN	CREAM OR MOISTURIZER
OIL OR BUTTER (TO SEAL)	GEL, CUSTARD OR STYLER

How I did it

METHOD ☐ LOC ☐ LCO ☐ Neither

DETANGLED ☐ Wet ☐ Damp ☐ Dry ☐ With lots of conditioner ☐ Ends first

WATER ☐ Cool ☐ Lukewarm ☐ Warm ☐ Hot

DRIED IT ☐ Air dried ☐ Diffused ☐ Blow dried ☐ Plopped first ☐ Banded or stretched

AT NIGHT ☐ Bonnet ☐ Satin pillow ☐ Pineapple ☐ Braided or twisted ☐ Nothing

TOOLS, SECTIONS, ANYTHING ELSE ABOUT HOW I DID IT

Conditions

WEATHER ☐ Dry ☐ Humid

DEW POINT HUMIDITY

SCALP ☐ Calm ☐ Itchy ☐ Flaky ☐ Tender ☐ Sore

What came out in the sink

MOSTLY ☐ Long strands with a pale bulb (shedding)

☐ Short broken pieces (breakage) ☐ Hardly anything

THE ONE THING I CHANGED SINCE LAST WASH DAY

How it turned out

	HOW IT FELT	HOW IT LOOKED
Day 1	☐ Soft ☐ OK ☐ Dry	☐ Defined ☐ A little frizz ☐ Frizzy
Day 3	☐ Soft ☐ OK ☐ Dry	☐ Defined ☐ A little frizz ☐ Frizzy
Day 5	☐ Soft ☐ OK ☐ Dry	☐ Defined ☐ A little frizz ☐ Frizzy
NOTES		

NEXT WASH DAY I'LL CHANGE EXACTLY ONE THING:

5

DATE _____

DAYS SINCE LAST WASH _____

STYLE I'M WEARING _____

TODAY WAS A ☐ Wash day ☐ Co-wash ☐ Refresh ☐ Clarify ☐ Deep condition ☐ Style install ☐ Take-down

What I used

PRE-POO

SHAMPOO OR CO-WASH

CONDITIONER

DEEP CONDITIONER (DC)

LEAVE-IN

CREAM OR MOISTURIZER

OIL OR BUTTER (TO SEAL)

GEL, CUSTARD OR STYLER

How I did it

METHOD ☐ LOC ☐ LCO ☐ Neither

DETANGLED ☐ Wet ☐ Damp ☐ Dry ☐ With lots of conditioner ☐ Ends first

WATER ☐ Cool ☐ Lukewarm ☐ Warm ☐ Hot

DRIED IT ☐ Air dried ☐ Diffused ☐ Blow dried ☐ Plopped first ☐ Banded or stretched

AT NIGHT ☐ Bonnet ☐ Satin pillow ☐ Pineapple ☐ Braided or twisted ☐ Nothing

TOOLS, SECTIONS, ANYTHING ELSE ABOUT HOW I DID IT

Conditions

WEATHER ☐ Dry ☐ Humid

DEW POINT _____ HUMIDITY _____

SCALP ☐ Calm ☐ Itchy ☐ Flaky ☐ Tender ☐ Sore

What came out in the sink

MOSTLY ☐ Long strands with a pale bulb (shedding)

☐ Short broken pieces (breakage) ☐ Hardly anything

THE ONE THING I CHANGED SINCE LAST WASH DAY

How it turned out

Day 1

Day 3

Day 5

NOTES

HOW IT FELT

☐ Soft ☐ OK ☐ Dry

☐ Soft ☐ OK ☐ Dry

☐ Soft ☐ OK ☐ Dry

HOW IT LOOKED

☐ Defined ☐ A little frizz ☐ Frizzy

☐ Defined ☐ A little frizz ☐ Frizzy

☐ Defined ☐ A little frizz ☐ Frizzy

NEXT WASH DAY I'LL CHANGE EXACTLY ONE THING:

6

DATE

DAYS SINCE LAST WASH

STYLE I'M WEARING

TODAY WAS A ☐ Wash day ☐ Co-wash ☐ Refresh ☐ Clarify ☐ Deep condition ☐ Style install ☐ Take-down

What I used

PRE-POO	SHAMPOO OR CO-WASH
CONDITIONER	DEEP CONDITIONER (DC)
LEAVE-IN	CREAM OR MOISTURIZER
OIL OR BUTTER (TO SEAL)	GEL, CUSTARD OR STYLER

How I did it

METHOD ☐ LOC ☐ LCO ☐ Neither

DETANGLED ☐ Wet ☐ Damp ☐ Dry ☐ With lots of conditioner ☐ Ends first

WATER ☐ Cool ☐ Lukewarm ☐ Warm ☐ Hot

DRIED IT ☐ Air dried ☐ Diffused ☐ Blow dried ☐ Plopped first ☐ Banded or stretched

AT NIGHT ☐ Bonnet ☐ Satin pillow ☐ Pineapple ☐ Braided or twisted ☐ Nothing

TOOLS, SECTIONS, ANYTHING ELSE ABOUT HOW I DID IT

Conditions

WEATHER ☐ Dry ☐ Humid

DEW POINT HUMIDITY

SCALP ☐ Calm ☐ Itchy ☐ Flaky ☐ Tender ☐ Sore

What came out in the sink

MOSTLY ☐ Long strands with a pale bulb (shedding)

☐ Short broken pieces (breakage) ☐ Hardly anything

THE ONE THING I CHANGED SINCE LAST WASH DAY

How it turned out

	HOW IT FELT	HOW IT LOOKED
Day 1	☐ Soft ☐ OK ☐ Dry	☐ Defined ☐ A little frizz ☐ Frizzy
Day 3	☐ Soft ☐ OK ☐ Dry	☐ Defined ☐ A little frizz ☐ Frizzy
Day 5	☐ Soft ☐ OK ☐ Dry	☐ Defined ☐ A little frizz ☐ Frizzy
NOTES		

NEXT WASH DAY I'LL CHANGE EXACTLY ONE THING:

7

DATE

DAYS SINCE LAST WASH

STYLE I'M WEARING

TODAY WAS A ☐ Wash day ☐ Co-wash ☐ Refresh ☐ Clarify ☐ Deep condition ☐ Style install ☐ Take-down

What I used

PRE-POO	SHAMPOO OR CO-WASH
CONDITIONER	DEEP CONDITIONER (DC)
LEAVE-IN	CREAM OR MOISTURIZER
OIL OR BUTTER (TO SEAL)	GEL, CUSTARD OR STYLER

How I did it

METHOD ☐ LOC ☐ LCO ☐ Neither

DETANGLED ☐ Wet ☐ Damp ☐ Dry ☐ With lots of conditioner ☐ Ends first

WATER ☐ Cool ☐ Lukewarm ☐ Warm ☐ Hot

DRIED IT ☐ Air dried ☐ Diffused ☐ Blow dried ☐ Plopped first ☐ Banded or stretched

AT NIGHT ☐ Bonnet ☐ Satin pillow ☐ Pineapple ☐ Braided or twisted ☐ Nothing

TOOLS, SECTIONS, ANYTHING ELSE ABOUT HOW I DID IT

Conditions

WEATHER ☐ Dry ☐ Humid

DEW POINT HUMIDITY

SCALP ☐ Calm ☐ Itchy ☐ Flaky ☐ Tender ☐ Sore

What came out in the sink

MOSTLY ☐ Long strands with a pale bulb (shedding)

☐ Short broken pieces (breakage) ☐ Hardly anything

THE ONE THING I CHANGED SINCE LAST WASH DAY

How it turned out

	HOW IT FELT	HOW IT LOOKED
Day 1	☐ Soft ☐ OK ☐ Dry	☐ Defined ☐ A little frizz ☐ Frizzy
Day 3	☐ Soft ☐ OK ☐ Dry	☐ Defined ☐ A little frizz ☐ Frizzy
Day 5	☐ Soft ☐ OK ☐ Dry	☐ Defined ☐ A little frizz ☐ Frizzy
NOTES		

NEXT WASH DAY I'LL CHANGE EXACTLY ONE THING:

8

DATE _____

DAYS SINCE LAST WASH _____

STYLE I'M WEARING _____

TODAY WAS A ☐ Wash day ☐ Co-wash ☐ Refresh ☐ Clarify ☐ Deep condition ☐ Style install ☐ Take-down

What I used

PRE-POO

SHAMPOO OR CO-WASH

CONDITIONER

DEEP CONDITIONER (DC)

LEAVE-IN

CREAM OR MOISTURIZER

OIL OR BUTTER (TO SEAL)

GEL, CUSTARD OR STYLER

How I did it

METHOD ☐ LOC ☐ LCO ☐ Neither

DETANGLED ☐ Wet ☐ Damp ☐ Dry ☐ With lots of conditioner ☐ Ends first

WATER ☐ Cool ☐ Lukewarm ☐ Warm ☐ Hot

DRIED IT ☐ Air dried ☐ Diffused ☐ Blow dried ☐ Plopped first ☐ Banded or stretched

AT NIGHT ☐ Bonnet ☐ Satin pillow ☐ Pineapple ☐ Braided or twisted ☐ Nothing

TOOLS, SECTIONS, ANYTHING ELSE ABOUT HOW I DID IT

Conditions

WEATHER ☐ Dry ☐ Humid

DEW POINT _____ HUMIDITY _____

SCALP ☐ Calm ☐ Itchy ☐ Flaky ☐ Tender ☐ Sore

What came out in the sink

MOSTLY ☐ Long strands with a pale bulb (shedding)

☐ Short broken pieces (breakage) ☐ Hardly anything

THE ONE THING I CHANGED SINCE LAST WASH DAY

How it turned out

Day 1

Day 3

Day 5

NOTES

HOW IT FELT

☐ Soft ☐ OK ☐ Dry

☐ Soft ☐ OK ☐ Dry

☐ Soft ☐ OK ☐ Dry

HOW IT LOOKED

☐ Defined ☐ A little frizz ☐ Frizzy

☐ Defined ☐ A little frizz ☐ Frizzy

☐ Defined ☐ A little frizz ☐ Frizzy

NEXT WASH DAY I'LL CHANGE EXACTLY ONE THING:

9

DATE

DAYS SINCE LAST WASH

STYLE I'M WEARING

TODAY WAS A ☐ Wash day ☐ Co-wash ☐ Refresh ☐ Clarify ☐ Deep condition ☐ Style install ☐ Take-down

What I used

PRE-POO	SHAMPOO OR CO-WASH
CONDITIONER	DEEP CONDITIONER (DC)
LEAVE-IN	CREAM OR MOISTURIZER
OIL OR BUTTER (TO SEAL)	GEL, CUSTARD OR STYLER

How I did it

METHOD ☐ LOC ☐ LCO ☐ Neither

DETANGLED ☐ Wet ☐ Damp ☐ Dry ☐ With lots of conditioner ☐ Ends first

WATER ☐ Cool ☐ Lukewarm ☐ Warm ☐ Hot

DRIED IT ☐ Air dried ☐ Diffused ☐ Blow dried ☐ Plopped first ☐ Banded or stretched

AT NIGHT ☐ Bonnet ☐ Satin pillow ☐ Pineapple ☐ Braided or twisted ☐ Nothing

TOOLS, SECTIONS, ANYTHING ELSE ABOUT HOW I DID IT

Conditions

WEATHER ☐ Dry ☐ Humid

DEW POINT HUMIDITY

SCALP ☐ Calm ☐ Itchy ☐ Flaky ☐ Tender ☐ Sore

What came out in the sink

MOSTLY ☐ Long strands with a pale bulb (shedding)

☐ Short broken pieces (breakage) ☐ Hardly anything

THE ONE THING I CHANGED SINCE LAST WASH DAY

How it turned out

	HOW IT FELT	HOW IT LOOKED
Day 1	☐ Soft ☐ OK ☐ Dry	☐ Defined ☐ A little frizz ☐ Frizzy
Day 3	☐ Soft ☐ OK ☐ Dry	☐ Defined ☐ A little frizz ☐ Frizzy
Day 5	☐ Soft ☐ OK ☐ Dry	☐ Defined ☐ A little frizz ☐ Frizzy
NOTES		

NEXT WASH DAY I'LL CHANGE EXACTLY ONE THING:

10

DATE

DAYS SINCE LAST WASH

STYLE I'M WEARING

TODAY WAS A ☐ Wash day ☐ Co-wash ☐ Refresh ☐ Clarify ☐ Deep condition ☐ Style install ☐ Take-down

What I used

PRE-POO	SHAMPOO OR CO-WASH
CONDITIONER	DEEP CONDITIONER (DC)
LEAVE-IN	CREAM OR MOISTURIZER
OIL OR BUTTER (TO SEAL)	GEL, CUSTARD OR STYLER

How I did it

METHOD ☐ LOC ☐ LCO ☐ Neither

DETANGLED ☐ Wet ☐ Damp ☐ Dry ☐ With lots of conditioner ☐ Ends first

WATER ☐ Cool ☐ Lukewarm ☐ Warm ☐ Hot

DRIED IT ☐ Air dried ☐ Diffused ☐ Blow dried ☐ Plopped first ☐ Banded or stretched

AT NIGHT ☐ Bonnet ☐ Satin pillow ☐ Pineapple ☐ Braided or twisted ☐ Nothing

TOOLS, SECTIONS, ANYTHING ELSE ABOUT HOW I DID IT

Conditions

WEATHER ☐ Dry ☐ Humid

DEW POINT HUMIDITY

SCALP ☐ Calm ☐ Itchy ☐ Flaky ☐ Tender ☐ Sore

What came out in the sink

MOSTLY ☐ Long strands with a pale bulb (shedding)

☐ Short broken pieces (breakage) ☐ Hardly anything

THE ONE THING I CHANGED SINCE LAST WASH DAY

How it turned out

	HOW IT FELT	HOW IT LOOKED
Day 1	☐ Soft ☐ OK ☐ Dry	☐ Defined ☐ A little frizz ☐ Frizzy
Day 3	☐ Soft ☐ OK ☐ Dry	☐ Defined ☐ A little frizz ☐ Frizzy
Day 5	☐ Soft ☐ OK ☐ Dry	☐ Defined ☐ A little frizz ☐ Frizzy
NOTES		

NEXT WASH DAY I'LL CHANGE EXACTLY ONE THING:

11

DATE

DAYS SINCE LAST WASH

STYLE I'M WEARING

TODAY WAS A ☐ Wash day ☐ Co-wash ☐ Refresh ☐ Clarify ☐ Deep condition ☐ Style install ☐ Take-down

What I used

PRE-POO	SHAMPOO OR CO-WASH
CONDITIONER	DEEP CONDITIONER (DC)
LEAVE-IN	CREAM OR MOISTURIZER
OIL OR BUTTER (TO SEAL)	GEL, CUSTARD OR STYLER

How I did it

METHOD ☐ LOC ☐ LCO ☐ Neither

DETANGLED ☐ Wet ☐ Damp ☐ Dry ☐ With lots of conditioner ☐ Ends first

WATER ☐ Cool ☐ Lukewarm ☐ Warm ☐ Hot

DRIED IT ☐ Air dried ☐ Diffused ☐ Blow dried ☐ Plopped first ☐ Banded or stretched

AT NIGHT ☐ Bonnet ☐ Satin pillow ☐ Pineapple ☐ Braided or twisted ☐ Nothing

TOOLS, SECTIONS, ANYTHING ELSE ABOUT HOW I DID IT

Conditions

WEATHER ☐ Dry ☐ Humid

DEW POINT HUMIDITY

SCALP ☐ Calm ☐ Itchy ☐ Flaky ☐ Tender ☐ Sore

What came out in the sink

MOSTLY ☐ Long strands with a pale bulb (shedding)

☐ Short broken pieces (breakage) ☐ Hardly anything

THE ONE THING I CHANGED SINCE LAST WASH DAY

How it turned out

	HOW IT FELT	HOW IT LOOKED
Day 1	☐ Soft ☐ OK ☐ Dry	☐ Defined ☐ A little frizz ☐ Frizzy
Day 3	☐ Soft ☐ OK ☐ Dry	☐ Defined ☐ A little frizz ☐ Frizzy
Day 5	☐ Soft ☐ OK ☐ Dry	☐ Defined ☐ A little frizz ☐ Frizzy

NOTES

NEXT WASH DAY I'LL CHANGE EXACTLY ONE THING:

12

DATE _____

DAYS SINCE LAST WASH _____

STYLE I'M WEARING _____

TODAY WAS A ☐ Wash day ☐ Co-wash ☐ Refresh ☐ Clarify ☐ Deep condition ☐ Style install ☐ Take-down

What I used

PRE-POO	SHAMPOO OR CO-WASH
CONDITIONER	DEEP CONDITIONER (DC)
LEAVE-IN	CREAM OR MOISTURIZER
OIL OR BUTTER (TO SEAL)	GEL, CUSTARD OR STYLER

How I did it

METHOD ☐ LOC ☐ LCO ☐ Neither

DETANGLED ☐ Wet ☐ Damp ☐ Dry ☐ With lots of conditioner ☐ Ends first

WATER ☐ Cool ☐ Lukewarm ☐ Warm ☐ Hot

DRIED IT ☐ Air dried ☐ Diffused ☐ Blow dried ☐ Plopped first ☐ Banded or stretched

AT NIGHT ☐ Bonnet ☐ Satin pillow ☐ Pineapple ☐ Braided or twisted ☐ Nothing

TOOLS, SECTIONS, ANYTHING ELSE ABOUT HOW I DID IT

Conditions

WEATHER ☐ Dry ☐ Humid

DEW POINT _____ HUMIDITY _____

SCALP ☐ Calm ☐ Itchy ☐ Flaky ☐ Tender ☐ Sore

What came out in the sink

MOSTLY ☐ Long strands with a pale bulb (shedding)

☐ Short broken pieces (breakage) ☐ Hardly anything

THE ONE THING I CHANGED SINCE LAST WASH DAY

How it turned out

	HOW IT FELT	HOW IT LOOKED
Day 1	☐ Soft ☐ OK ☐ Dry	☐ Defined ☐ A little frizz ☐ Frizzy
Day 3	☐ Soft ☐ OK ☐ Dry	☐ Defined ☐ A little frizz ☐ Frizzy
Day 5	☐ Soft ☐ OK ☐ Dry	☐ Defined ☐ A little frizz ☐ Frizzy
NOTES		

NEXT WASH DAY I'LL CHANGE EXACTLY ONE THING:

MEASURE

Length and shrinkage

Measure the same four spots once a month and put a dot in the column. **Lines going up mean you're keeping what you grow. A flat line on healthy hair means breakage, not a growth problem.**



Use a different mark for each spot

- Crown — circle
- Nape — square
- Front / edges — triangle
- Side — cross

About shrinkage

Coily and kinky hair can look 50 to 75 per cent shorter than it is. That is shrinkage, and it is a sign of springy, healthy hair — not damage. Always measure stretched, and log the unstretched number separately so you can watch the gap rather than worry about it.

Length log

DATE	CROWN	NAPE	FRONT	SIDE	UNSTRETCHED	CHANGE

PROTECT

Protective style tracker

A style only protects your ends while it's comfortable, and only for as long as you leave it in. Both of those are worth writing down.

STYLE	PUT IN	OUT BY	ACTUALLY OUT	HOW THE TAKE-DOWN WENT

Warning signs — loosen it now

- ! Broken hairs around your forehead
- ! A hairline that has moved back
- ! Bald patches where the hair is pulled tightest
- ! Pain or stinging while it is in
- ! Crusting or sores on the scalp

These are the American Academy of Dermatology’s named early signs of traction alopecia. Any of them means loosen the style now and see a dermatologist — damage from tension can become permanent.

What I noticed at take-down

BREAKAGE ☐ Hardly any ☐ Some ☐ A lot
MATTING AT THE ROOTS ☐ Hardly any ☐ Some ☐ A lot
WOULD I WEAR THIS AGAIN, AND WHAT WOULD I CHANGE

DECIDE

Product verdicts

Give a product at least three wash days before you judge it — and only judge it if it was the one thing you changed.

PRODUCT	WHAT IT'S FOR	DATES USED	VERDICT	WHY

Verdict shorthand

K keep it R repurchase M maybe, needs another go N never again U can't tell, changed too much at once

First monthly check-in

Twenty minutes with the pages you've already filled in. This is where the journal pays you back.

MONTH

1. Which single change made the biggest difference?

2. Shedding or breakage?

Look back through your wash day pages. Long strands with a pale bulb, or short broken pieces?

MOSTLY ☐ Shedding ☐ Breakage ☐ Both

☐ Neither, it settled down

SO THE THING TO FIX NEXT IS

3. What am I keeping, and what am I dropping?

Be specific. A product, a technique, how often you do something.

KEEPING

DROPPING

4. Length check

CROWN

NAPE

CHANGE SINCE LAST MONTH

Next month I'm changing exactly one thing:

Second monthly check-in

Twenty minutes with the pages you've already filled in. This is where the journal pays you back.

MONTH

1. Which single change made the biggest difference?

2. Shedding or breakage?

Look back through your wash day pages. Long strands with a pale bulb, or short broken pieces?

MOSTLY ☐ Shedding ☐ Breakage ☐ Both
☐ Neither, it settled down

SO THE THING TO FIX NEXT IS

3. What am I keeping, and what am I dropping?

Be specific. A product, a technique, how often you do something.

KEEPING

DROPPING

4. Length check

CROWN

NAPE

CHANGE SINCE LAST MONTH

Next month I'm changing exactly one thing:

Twelve-week review

Compare this with page 5. Twelve weeks is long enough for a real answer and short enough to still remember what you did.

Where my hair is now

MY SCALP IS USUALLY ☐ Calm ☐ Itchy ☐ Flaky ☐ Oily ☐ Dry
☐ Tender

MY BIGGEST PROBLEM NOW ☐ Dryness ☐ Breakage ☐ Shedding
☐ Tangles ☐ Frizz ☐ Thin edges
☐ Length won't hold

CROWN

NAPE

FRONT / EDGES

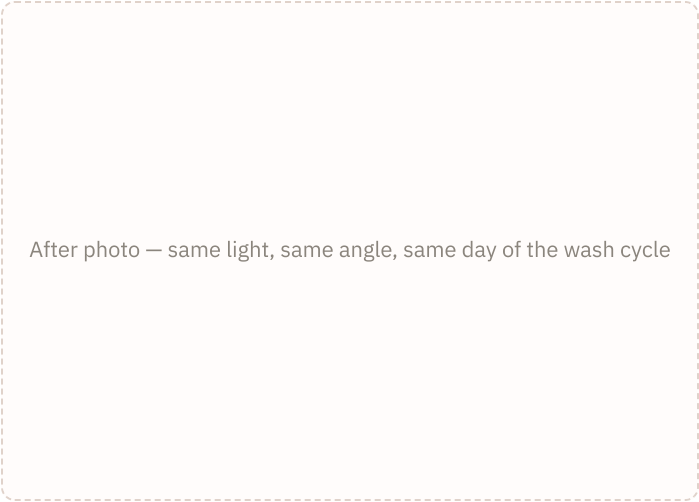
SIDE

UNSTRETCHED

Did I hit the goal I set on page 5?

☐ Yes ☐ Partly ☐ No

WHAT ACTUALLY HAPPENED



The three things that worked

1

2

3

The next single thing I'm trying

Terms and a word about your health

Printing and sharing

Print this as often as you like — for yourself, your family, your clients or your salon. Share the download link with anyone.

Please don't resell it, strip the branding off it, or republish the pages as your own. If you'd like to include it in something you're making, write to us first.

© Curl Centric® / Natural Hair Community, LLC. Free to print and share for personal and professional use.

Where this comes from

The shedding numbers, the traction alopecia warning signs and the hair loss causes referenced here all come from the American Academy of Dermatology. The growth rate figures come from published measurements of Afro-textured hair. Full sources are cited in the guide this journal goes with.

This isn't medical advice

Curl Centric publishes hair care education. We don't diagnose or treat anything, and a journal can't tell you what's wrong.

See a board-certified dermatologist if your shedding is sudden or heavy, if you can see scalp where you couldn't before, if your edges are thinning, or if your scalp is painful, itchy, scaly or scarring. Damage from tension and scarring hair loss can become permanent, and the earlier they're treated the better the outcome.

Keep going

The full guide this journal belongs to, plus free calculators, a 234-term dictionary and the rest of our printables:

curlcentric.com/natural-hair-101



Scan for the full guide