

Co-Wash and Reset Calendar

A month of wash days on one page. Mark every co-wash, every reset wash, and every day your hair felt flat or coated. By the end of the month you'll see your own pattern instead of guessing at it.

MOST CURLY HAIR CO-WASHES EVERY

3 to 5 days

RESET WITH A CLARIFYING WASH EVERY

2 to 4 weeks

DEEP CONDITION

The same day you clarify

What to write in each box

- 1

CW: a co-wash. Mark the day you did it, not the day you meant to.
- 2

CL: your clarifying reset wash. Once a month is the loosest schedule worth running.
- 3

DC: a deep conditioner. Use one on every clarifying day, because that wash takes more off than your co-wash does.
- 4

W: a water-only rinse. Good for sweaty days, and it doesn't use up one of your co-washes.
- 5

A dot: any day your hair felt flat, itchy, coated, or limp.

Reading your month

- Dots bunched up just before a CL: your reset wash is overdue, so move it a week earlier.
- Dots the day after a CW: you're under-rinsing. Double your rinse time before you change products.
- Dots all month long: your co-wash may not be washing your scalp well enough. Try a gentle sulfate-free shampoo.
- Gummy or limp after a DC: that's moisture overload. Drop the extra conditioner and stretch your co-washes a day.
- No dots at all: you've found what works for your hair, so leave it alone.

Your month

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN
Week 1							
Week 2							
Week 3							
Week 4							
Week 5							

Two ways to lose a month

✗

Change your routine and your products in the same week and you won't know which one did it.

✗

One bad wash day is noise. Give any change two or three weeks before you judge it.

