

My Healthy Hair Regimen

Month: _____

Goal: _____

Products Used:

1. _____
2. _____
3. _____
4. _____
5. _____

Daily Steps	<ul style="list-style-type: none">▪ _____▪ _____▪ _____▪ _____▪ _____▪ _____
Weekly Steps	<ul style="list-style-type: none">▪ _____▪ _____▪ _____▪ _____▪ _____
Monthly Steps	<ul style="list-style-type: none">▪ _____▪ _____▪ _____▪ _____

Notes: