

Weekly Hair Care Activity Planner

WEEK OF: /52

ACTIVITY	M	T	W	T	F	S	S

WHAT WORKED	WHAT DIDN'T WORK

Weekly Hair Care Activity Planner

WEEK OF: 30 /52

ACTIVITY	M	T	W	T	F	S	S
Oil Massage with Castor Oil						✓	
SLS Free Shampoo + ACV Rinse				✓			✓
Onion Juice Massage on Scalp			✓				
Multivitamin Supplement	✓	✓	✓	✓	✓	✓	✓
Intake of Eggs / Vegan Protein	✓	✓	✓	✓	✓	✓	✓
Meditation	✓	✓	✓	✓	✓	✓	✓
8 Hours of Sleep	✓	✓	✓	✓	✓	✓	✓

WHAT WORKED	WHAT DIDN'T WORK
Castor Oil	Protein Shake
Bentonite Clay Shampoo	Honey
	Baking Soda