



Textured Haircare
PLANNER & JOURNAL

BY CURLY GIRLY SAYS

Welcome to Your Personal Hair Diary!

This 50-page diary is your ultimate tool for tracking and understanding your hair journey. Whether you're experimenting with new styles, testing different products, or working toward healthier hair, these pages will help you stay organized and motivated.

Use this journal to:

- ➔ Record your hair care Routines
- ➔ Track product results and favorites
- ➔ Note seasonal hair changes
- ➔ Document your growth and transformations



Your hair is unique—embrace the process, learn what works best for you, and celebrate every milestone along the way!

Let's begin your journey!

Disclaimer

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LEARN HOW TO MAKE THE MOST OF YOUR CURLY HAIR DIARY

Welcome to your curly hair diary! This journal is designed to help you track, understand, and embrace your unique hair journey. Whether you're experimenting with new products, adjusting your routine, or celebrating your hair's progress, these pages will serve as a valuable tool for self-discovery and care.

HOW TO USE THIS DIARY:

- **Log Your Daily & Weekly Hair Care:** Track wash days, styling methods, and how your hair reacts to different routines.
- **Monitor Hair Growth & Health:** Keep a monthly record of your hair length and note any changes in texture or strength.
- **Discover Your Best Products:** Test new shampoos, conditioners, and stylers, then record your favorites.
- **Tackle Hair Challenges:** Identify setbacks like frizz, dryness, or breakage and find solutions that work for you.
- **Boost Confidence & Self-Love:** Use affirmations and self-care prompts to appreciate and embrace your natural beauty.
- **Express Yourself Creatively:** Use the doodle and notes sections to add personal reflections, sketches, or vision boards.

TIPS FOR CONSISTENCY & EFFECTIVE TRACKING

- **Set a Routine** – Choose a time each day or week to update your journal, whether it's after wash day, before bed, or during your self-care routine.
- **Keep Your Journal Accessible** – Store it in a place where you'll see it daily, like your nightstand or bathroom shelf. If using a digital version, bookmark it on your phone or tablet.
- **Start Small & Be Realistic** – You don't have to write full pages every day! Quick notes, keywords, or even emojis can be enough to track progress.
- **Take Progress Photos** – Attach pictures of your curls over time to see changes in volume, texture, and length.
- **Use Simple, Consistent Entries** – Keep logs short and structured. A quick mention of the products used, the weather, and how your hair felt is often enough.
- **Use Checklists & Ratings** – Create a simple rating system for products and hairstyles to easily see what works best.
- **Note Your Hair's Needs** – If your hair feels dry, dull, or weighed down, write down potential causes and adjustments to try.
- **Make It Fun & Personal** – Decorate your pages with stickers, sketches, or color coding to make planning & tracking a creative and enjoyable experience.
- **Reminder:** Consistency is key, but don't stress over perfection! Every entry is a step toward understanding and loving your hair even more.

OVERVIEW OF MY HAIR

MY CURRENT HAIR PROFILE

Hair Type

- Wavy
- Curly
- Coily

Hair Porosity

- Low
- Medium
- High

Hair Density

- Thin
- Medium
- Thick

Curl Pattern

- 2A 3A 4A
- 2B 3B 4B
- 2C 3C 4C

Scalp Condition

- Dry
- Oily
- Balanced
- Sensitive

Any Known Hair Concerns

- Frizz
 - Dryness
 - Damaged
 - Moisture
-
-
-
-

Hair Length

Front

Crown

Side

Back

Hair Goals & Aspirations

My Goal Hair Length/Style:

What I Want to Improve About My Hair:

My Go-To Hair Routine

Wash Days: _____

Styling Methods: _____

Favorite Products: _____

Protective Hairstyles I Like: _____

How Often I Trim My Hair: _____

DAILY HAIR LOG

Date: / /
M T W T F S S

HOW DOES YOUR HAIR FEEL TODAY?

- Soft & Moisturized
- Frizzy
- Dry & Brittle
- Defined
- Other:

WHAT PRODUCTS DID YOU USE TODAY?

- Shampoo: _____
- Conditioner: _____
- Leave-in/Styler: _____
- Oils/Serums: _____

STYLING METHOD USED:

- Wash & Go
- Twist Out
- Braid Out
- Protective Style
- Other:

WEATHER CONDITIONS:

- Humid
- Dry
- Rainy
- Cold
- Other:

HOW DID YOUR HAIR REACT?

- Well-defined curls
- Frizzier than usual
- Too oily/heavy
- Needed more moisture
- Other:

WHAT WORKED WELL?

NOTES & OBSERVATIONS:

WHAT DIDN'T WORK?

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 Frizzy Defined Voluminous Breakage/Shedding
 Other:

WASH DAY & ROUTINES

Days Washed

Shampoo/Co-Wash Used:

Conditioner/Deep Treatment:

Styling Products:

STYLING & TECHNIQUES USED:

HOW DID WEATHER AFFECT MY HAIR?

- _____
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- _____
- _____

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BIGGEST HAIR STRUGGLES & WHAT I'D DO DIFFERENTLY:

NEXT WEEK'S HAIR GOALS OR ADJUSTMENTS:

MONTHLY CHECK-IN

Month:

MONTHLY MEASUREMENT

Front:

Sides:

Back:

Crown:

PRODUCTS & METHODS USED THIS MONTH:

•

•

•

•

•

•

•

•

•

•

•

•

•

CHALLENGES FACED:

WHAT'S WORKING BEST FOR MY GROWTH?

NEXT MONTH GOAL

NOTES & OBSERVATIONS

HAIR GROWTH TRACKER

MONTHLY LENGTH CHECK:

MONTH	FRONT LENGTH	SIDE LENGTH	BACK LENGTH	CROWN LENGTH
January				
February				
March				
April				
May				
June				
July				
August				
September				
October				
November				
December				

NOTES & CHANGES

NEW PRODUCT TRIAL LOG

DATE STARTED:

PRODUCT NAME

BRAND

TYPE

PRICE

KEY INGREDIENTS

TRIAL DURATION

HOW I USED IT

FIRST IMPRESSIONS

FINAL THOUGHTS & WILL I REPURCHASE?

INGREDIENTS THAT WORK & INGREDIENTS TO AVOID

BEST INGREDIENTS FOR MY HAIR:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

INGREDIENTS THAT DON'T WORK FOR ME:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

PRODUCTS I WANT TO TRY NEXT:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____

WEEKLY CURL CHECK-IN

WEEK:

What's One Thing That Went Well With My Curls This Week?

Any Setbacks or Frustrations?

What Adjustments Will I Make Next Week?

PROBLEM-SOLVING TRACKER

DATE:

What's Not Working? (Product, Routine, Weather, etc.)

What I Think Is Causing the Issue:

New Routine or Product to Try:

<hr/>	<hr/>

Follow-Up Results After a Few Days:

LESSONS LEARNED & GO-TO FIXES

What Have you Learned About your Hair Over Time?

Go-To Fixes for Common Problems:

FRIZZ	
DRYNESS	
BREAKAGE	
LACK OF DEFINITION	
PRODUCT BUILD-UP	

Final Thoughts on What Works Best for your Curls:

AFFIRMATIONS

My curls are unique, and I embrace them with love

My hair is a beautiful expression of who I am

I nourish my hair and body with care and kindness

I am patient with my hair's journey and celebrate progress

Every strand of my hair tells a story of strength and beauty

My hair is healthy, vibrant, and thriving

I define beauty on my own terms

I radiate confidence and self-acceptance

My curls are a crown, and I wear them with pride

I am worthy of love, care, and appreciation

Tip: Repeat these affirmations in the mirror, write them down, or say them while styling your hair!

AFFIRMATIONS

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SELF-LOVE REFLECTION

How has my hair journey taught me self-love?

What do I love most about my natural hair?

What's a compliment I've received about my hair that made me feel good?

Write a love letter to your curls or waves!

CONFIDENCE BOOSTING PROMPTS

What makes me feel the most confident about my appearance?

How do I show kindness to myself and my hair?

Describe a time I felt truly beautiful and at peace with my hair.

How can I practice more self-care in my daily routine?

MY SELF-LOVE & HAIR CARE GOALS

What does self-love mean to me?

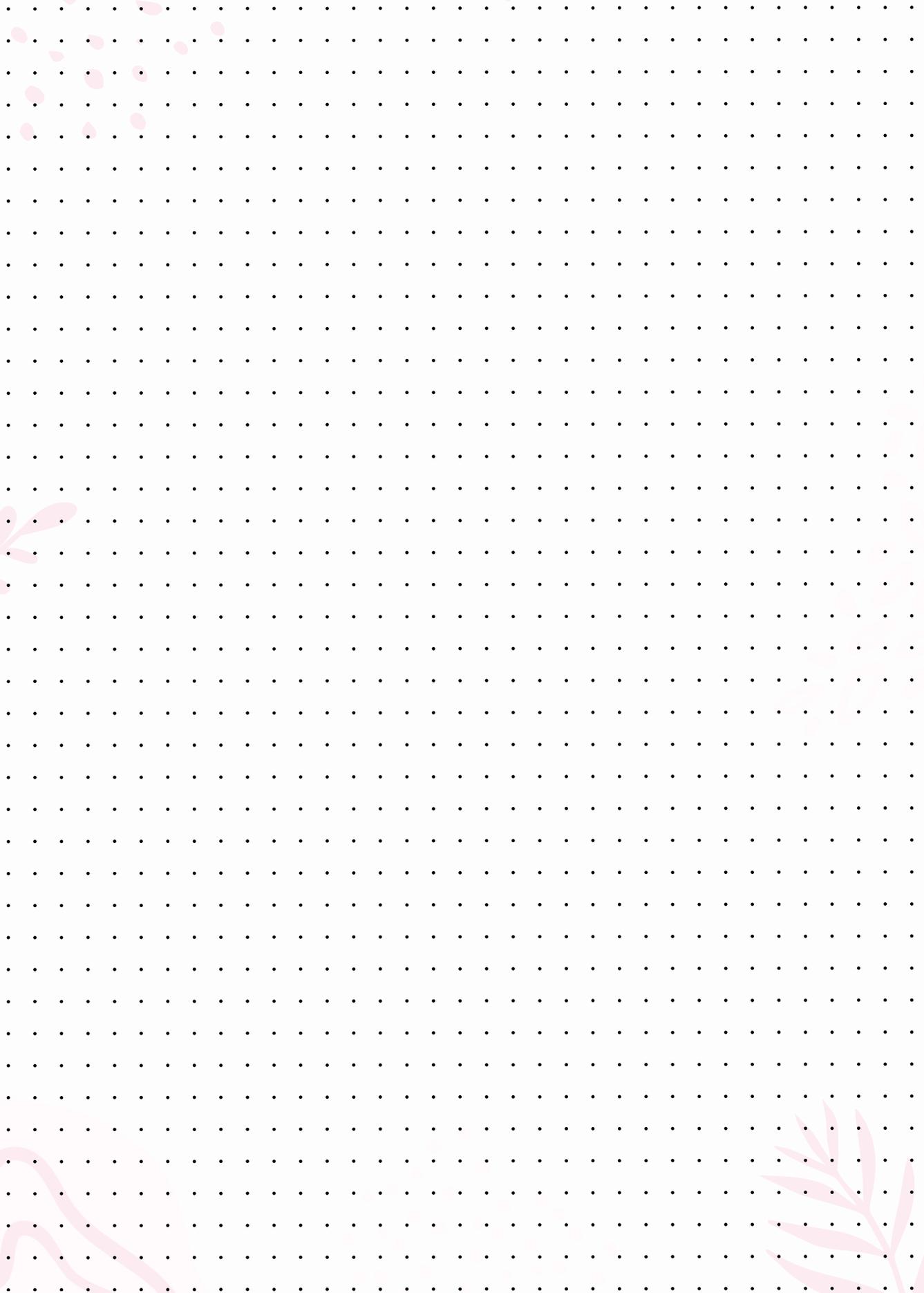
What's one new thing I want to try for my hair care routine?

What words of encouragement would I give my younger self about hair & self-acceptance?

Write a personal mantra that reminds me to embrace my beauty.

*Reminder: Self-love is a journey, and your hair is a part of that. Be patient, be kind, and embrace every curl, wave, or coil. **You are beautiful just as you are!***

NOTES

A large grid of dots for writing notes, consisting of 20 columns and 30 rows of small black dots on a white background.

NOTES

CREATIVE SPACE

DOODLES

Paste inspiration photos, or jot down any curly hair thoughts and goals!



RESOURCES

RECOMMENDED PRODUCTS (CURLY GIRLY SAYS APPROVED!)

- Looking for a conditioner with Aloe Vera and Marshmallow Root? Try [*Bask and Lather*](#) Deep Conditioner!
- Want a super-hydrating mask that leaves your curls frizz-free? Check out [*Briogeo Hair Mask!*](#)

DIY HAIRCARE RECIPES

- ***Moisture Bomb Mask:*** Blend 1 tbsp honey + 1 tbsp avocado oil + 2 tbsp aloe vera gel for a hydrating deep conditioner.
- ***Flaxseed Curl Gel:*** Boil 1/4 cup flaxseeds in 2 cups water for a natural, curl-defining gel.

HAIR TYPE & POROSITY MINI GUIDE

- ***Low Porosity:*** Loves lightweight hydration (Aloe Vera, Glycerin, Rice Protein)
- ***High Porosity:*** Needs rich butters & proteins (Shea Butter, Hydrolyzed Keratin, Olive Oil)
- ***Fine Hair:*** Prefers lightweight oils (Jojoba Oil, Argan Oil)
- ***Thick Hair:*** Thrives with richer butters (Mango Butter, Cupuaçu Butter)

TRUSTED INGREDIENT DATABASES & REFERENCES

- [*EWG Skin Deep*](#)
- [*INCIDecoder*](#)
- [*Curl Scan*](#)

HELPFUL CURLY GIRLY SAYS ARTICLES

- [*Perfecting Your Curly Hair Routine: Curly Hair Routine Products*](#)
- [*Non-Toxic Curly Hair Products*](#)
- [*What Curly Girl Products Are Approved?*](#)
- [*New to Natural Hair Guide*](#)
- [*Hair Porosity Series*](#)

CURLY GIRLY SAYS: ULTIMATE INGREDIENT GUIDE FOR HEALTHY HAIR

HYDRATING INGREDIENTS (MOISTURE BOOSTERS)

- **Aloe Vera** – Soothes the scalp and deeply hydrates (Best for all hair types!)
- **Glycerin** – Humectant that draws moisture into the hair (Avoid in very humid or dry weather!)
- **Honey** – Natural humectant that keeps hair soft and moisturized (Great for dry and brittle hair!)
- **Panthenol (Pro-Vitamin B5)** – Strengthens and locks in hydration
- **Sodium PCA** – Powerful moisture-binding agent
- **Hyaluronic Acid** – Helps hair retain moisture (Pairs well with aloe vera!)

Curly Girly Pro Tip: Mix Aloe Vera + Avocado Oil for a quick, hydrating pre-poo!

NOURISHING OILS (SEAL IN MOISTURE & SHINE)

- **Jobba Oil** – Closest to natural scalp oils, non-greasy (Perfect for oily scalps!)
- **Argan Oil** – Lightweight, adds shine and softness (Great for fine hair!)
- **Avocado Oil** – Rich in fatty acids and deeply penetrates (Ideal for dry, high-porosity hair!)
- **Olive Oil** – Softens hair and reduces frizz
- **Baobab Oil** – Protects against dryness and UV damage
- **Sweet Almond Oil** – Smooths the cuticle and prevents breakage

Did You Know? Jojoba oil is technically a liquid wax, making it the closest oil to our scalp's natural sebum!

NATURAL BUTTERS (DEEP CONDITIONING & SOFTNESS)

- **Shea Butter** – Softens, seals in moisture, and protects against damage (Best for thick or coily hair!)
- **Mango Butter** – Lightweight with excellent moisturizing properties (Doesn't weigh down fine hair!)
- **Cocoa Butter** – Adds elasticity and protects against breakage
- **Cupuaçu Butter** – Intense moisture retention for curls (Amazing for humidity control!)

DIY Corner: Blend Shea Butter + Jojoba Oil for a rich, nourishing butter for twists & braids!

STRENGTHENING INGREDIENTS (FOR STRONGER, RESILIENT HAIR)

- **Hydrolyzed Keratin** – Strengthens hair structure and prevents breakage (Best for damaged or chemically treated hair!)
- **Hydrolyzed Silk Protein** – Adds strength and shine
- **Hydrolyzed Wheat Protein** – Improves elasticity and moisture retention
- **Rice Protein** – Strengthens curls and enhances volume
- **Amino Acids (Arginine, Cysteine, Lysine)** – Help rebuild and repair hair

Curly Girly Says Approved: Rice Protein is an MVP for fine, wavy, and curly hair—it adds volume without stiffness!

CURL-DEFINING INGREDIENTS (ENHANCE CURLS & REDUCE FRIZZ)

- **Flaxseed Extract** – Defines curls and provides a soft hold
- **Marshmallow Root** – Natural slip for detangling and curl definition
- **Agar Agar** – Natural gel-like consistency for defining curls
- **Chia Seed Extract** – Encourages curl formation and hydration

Curly Girly Pro Tip: Make a DIY Flaxseed Gel for soft, frizz-free curls!

SCALP-FRIENDLY INGREDIENTS (FOR A HEALTHY SCALP)

- **Tea Tree Oil** – Soothes itchiness and prevents dandruff
- **Peppermint Oil** – Stimulates circulation and promotes growth
- **Rosemary Extract** – Encourages hair growth and strengthens follicles
- **Witch Hazel** – Controls excess oil without drying the scalp
- **Chamomile Extract** – Calms scalp irritation and promotes shine

Curly Girly Says: Scalp health = Hair health! Massage rosemary oil into your scalp 2-3 times a week for best results.

GOOD FATTY ALCOHOLS (MOISTURIZING & NON-DRYING)

- **Cetearyl Alcohol** – Conditions and softens
- **Stearyl Alcohol** – Smooths and adds slip
- **Behenyl Alcohol** – Helps hair retain moisture
- **Cetyl Alcohol** – Provides a creamy texture and conditions

Common Misconception: Not all alcohols are drying! These fatty alcohols actually help condition and hydrate your curls.



Textured Haircare P L A N N E R

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