

Know Your Curls Inside Out

JOURNAL



A Journal for Your Curly Hair Journey



PLABCURLOVE

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All users of the journal are encouraged to seek professional advice when needed.

DATE: ___/___/___

Weather Tracker

WHAT'S THE WEATHER LIKE TODAY?



SUNNY



RAINY/HUMID



WINDY



COLD/SNOWY

HOW DID YOUR CURLS BEHAVE TODAY?

.....

.....

WHICH STYLING PRODUCTS DID YOU USE TODAY? AND HOW DID YOU STYLE YOUR HAIR?

.....

.....

Intake Tracker

WHAT DID YOU EAT TODAY?



TRACK THE FOODS & NUTRIENTS YOU CONSUMED TODAY

FOODS THAT YOU ATE TODAY	KNOW THE NUTRIENTS
Breakfast:	
Lunch:	
Snack:	
Dinner:	

SUPER FOODS TO EAT TODAY

Darky Leafy Vegetables, Oatmeal, Berries, Sweet Potatoes, Nuts & Seeds.

FOODS TO AVOID TODAY

Processed Foods, Carbonated Drinks, Alcohols, Greasy Foods, Refined Carbs

HOW MANY GLASSES OF WATER DID YOU DRINK TODAY?



Record Your Findings



Did you keep a record of what you eat for a month? Did you add the superfoods and avoid foods that may be damaging for your curls during Month 1?

GREAT JOB!

Now record your findings below. Identify how your food choices impacted your curl's health in the space below.

What You Learned About Taking Care of Your Curls?



Did you track your curly hair routine for a month? What differences did you notice in your curls during Month 1? Record all your findings in the space below!
(You can refer to these notes sometime in future)

Do you want to love, nourish and make the most of your wavy, curly or coily mane?

Take out some time to understand and record everything about your curls and embrace your hair's natural texture. Use this journal to log everything about your curly tresses. From the kind of curls you have to learning how to cleanse, condition and manage your hair, this unique book allows you to know your curls inside out. Keep a track of the weather, your diet and hydration and learn how it impacts your strands. Find out new recipes for healthy hair, the effects of products you use on hair health, log your hair appointments and more.

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