



-Hair Growth Calendar-

(Monitor of Shampoo, Hot Oil Treatments, Application of Product, Deep Conditions, etc.)

Month of \_\_\_\_\_

Sun          Mon          Tue          Wed          Thur          Fri          Sat


Month of \_\_\_\_\_

Sun          Mon          Tue          Wed          Thur          Fri          Sat


Month of \_\_\_\_\_

Sun          Mon          Tue          Wed          Thur          Fri          Sat


**\*\*Apply the product daily & do your Hot Oil Growth Treatments every 2 weeks\*\***