



**HOW TO
SET HAIR GOALS
&
BE SUCCESSFUL**

Your Goal Setting Plan

How to Set Hair Goals & Be Successful

Set Your Short-Term Goals

An easy way to measure the success of your goals is to measure your hair's growth rate. Set as your short-term goals your hair length checks and record your results. Be aware of any breakage (a little is normal) and do elasticity tests to determine health too.

It's a good idea to start with a good hair trim and repeat every 8 weeks. You'll have better chances of success.

Start by writing down your current hair length. Generally, your hair grows 0.5 inches/1.25 cm a month don't expect more.

Please remember that this goal setting plan is intended to help you achieve your goals, but a good hair regimen is essential.

Fill the hair regimen plan next.

<i>By Date</i>		_____	<i>By Date</i>
		TWA (Teeny Weeny Afro)	_____
_____	Ear Length		
_____	Chin Length		
_____	Neck Length		
_____	Shoulder Length		
_____	Collarbone Length		
		Armpit Length	_____
		Bra Strap Length	_____
		Mid Back Length	_____
		Waist Length	_____
		Hip Length	_____
		Tailbone Length	_____
		Classic Length	_____
_____	Mid-Tigh Length		
		Knee Length	_____
		Calf Length	_____

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Build Your Hair Regimen

Take some time to think through all the different parts of your hair regimen and fill this in.

Think about if you want to do any pre-wash treatment, what kind of hair cleanser you'll use, how often you'll deep condition for protein or clarify to remove product build-up or hard water minerals.

When filling in the "How often" box write if it's weekly, bi-weekly, monthly, 2x week, 3 months, etc.

For help in filling your hair regimen refer back to the post Finally! A Natural Hair Regimen That Works.

Pre-Wash Treatment

	<i>Product/Ingredient(s):</i>	<i>How often:</i>
<input type="checkbox"/> Pre-poo Treatment		
<input type="checkbox"/> Hot Oil Treatment		
<input type="checkbox"/> _____		

Cleansing

	<i>Product/Ingredient(s):</i>	<i>How often:</i>
<input type="checkbox"/> Shampoo		
<input type="checkbox"/> Sulphate-Free Shampoo		
<input type="checkbox"/> No-poo alternative		
<input type="checkbox"/> Clarifying/Chelating Shampoo		

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Build Your Hair Regimen

Condition

Product/Ingredient(s):

Detangling

- Finger Detangling
- Wide Tooth Comb
- _____

How often:

Deep Condition

Moisture Deep Conditioner

Protein Deep Conditioner

Product/Ingredient(s):

How often:

Moisture DC _____

Protein DC _____

Intense Protein Treatment

How to Set Hair Goals & Be Successful

Build Your Hair Regimen

Moisture & Styling

Product/Ingredient(s):

Application before/after:

How often:

Hair Sealing _____

Hairstyles

Styles:

How often:

Protective Hairstyles

Hairstyles

Heat Styling