

# Workout & Natural Hair Weekly Calendar

For help on how to complete the calendars please read [4 Tips To Make Exercise And Transitioning To Natural Hair Possible at CurlyHairLounge.com](http://CurlyHairLounge.com).

|                            | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------------------------|--------|---------|-----------|----------|--------|----------|--------|
| Exercise                   |        |         |           |          |        |          |        |
| Wash Routine<br>(Scheme 1) |        |         |           |          |        |          |        |
| Hairstyle<br>Scheme 1      |        |         |           |          |        |          |        |
| Wash Routine<br>(Scheme 2) |        |         |           |          |        |          |        |
| Hairstyle<br>Scheme 2      |        |         |           |          |        |          |        |

# Workout & Natural Hair Monthly Calendar

Month: \_\_\_\_\_

|   | Monday    | Tuesday   | Wednesday | Thursday  | Friday    | Saturday  | Sunday    |
|---|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| Exercise, Wash Day and Hairstyle Scheme | Day: ____ | Day: ____ | Day: ____ | Day: ____ | Day: ____ | Day: ____ | Day: ____ |
|   | Day: ____ | Day: ____ | Day: ____ | Day: ____ | Day: ____ | Day: ____ | Day: ____ |
|   | Day: ____ | Day: ____ | Day: ____ | Day: ____ | Day: ____ | Day: ____ | Day: ____ |
|   | Day: ____ | Day: ____ | Day: ____ | Day: ____ | Day: ____ | Day: ____ | Day: ____ |
|   | Day: ____ | Day: ____ | Day: ____ | Day: ____ | Day: ____ | Day: ____ | Day: ____ |