



Crown Wash Day Tracker

Understanding Your Hair, Loving Your Crown

littlecrownsbigconfidence.com

Day	Moisture & Style	Night Routine	Scalp Care	Water Intake	Wash Day
MON Monday	☐ AM ☐ PM ☐ Done	☐ AM ☐ PM ☐ Done	☐ AM ☐ PM ☐ Done	☐ AM ☐ PM ☐ Done	☐ AM ☐ PM ☐ Done
TUE Tuesday	☐ AM ☐ PM ☐ Done	☐ AM ☐ PM ☐ Done	☐ AM ☐ PM ☐ Done	☐ AM ☐ PM ☐ Done	☐ AM ☐ PM ☐ Done
WED Wednesday	☐ AM ☐ PM ☐ Done	☐ AM ☐ PM ☐ Done	☐ AM ☐ PM ☐ Done	☐ AM ☐ PM ☐ Done	☐ AM ☐ PM ☐ Done
THU Thursday	☐ AM ☐ PM ☐ Done	☐ AM ☐ PM ☐ Done	☐ AM ☐ PM ☐ Done	☐ AM ☐ PM ☐ Done	☐ AM ☐ PM ☐ Done
FRI Friday	☐ AM ☐ PM ☐ Done	☐ AM ☐ PM ☐ Done	☐ AM ☐ PM ☐ Done	☐ AM ☐ PM ☐ Done	☐ AM ☐ PM ☐ Done
SAT Saturday	☐ AM ☐ PM ☐ Done	☐ AM ☐ PM ☐ Done	☐ AM ☐ PM ☐ Done	☐ AM ☐ PM ☐ Done	☐ AM ☐ PM ☐ Done
SUN Sunday	☐ AM ☐ PM ☐ Done	☐ AM ☐ PM ☐ Done	☐ AM ☐ PM ☐ Done	☐ AM ☐ PM ☐ Done	☐ AM ☐ PM ☐ Done

My Crown Goal This Week

I want to focus on: _____

Habit guide:

● Moisture & Style — LOC method: Liquid, Oil, C

● Night Routine — satin/silk bonnet or pillowcase

● Scalp Care — massage or cleanse

● Water Intake — 6-8 glasses

● Wash Day — cleanse, condition, detangle, style