

Hair Growth Tracker

By Afrocarebycynthia

How to Use:

- ✓ Measure your hair monthly using the length chart or your preferred method.
- ✓ Record your wash days, oiling, trimming, and protective styles.
- ✓ Track how your hair feels—dry, soft, itchy, or flaky.
- ✓ Take a progress photo each month (optional but helpful!).

Month	Length (cm/in)	Hair Feel	Products Used	Wash Day?	Notes