

Monthly Loc Care Planner

DREADLOCKulture

QUICK OVERVIEW

MONTH & YEAR: _____

CURRENT LOC LENGTH: _____

DAILY MOISTURE

- ☐ Monday: Morning spritz
- ☐ Tuesday: Morning spritz
- ☐ Wednesday: Morning spritz
- ☐ Thursday: Morning spritz
- ☐ Friday: Morning spritz
- ☐ Saturday: Morning spritz
- ☐ Sunday: Morning spritz

PRODUCTS & TOOLS INVENTORY

- ☐ Residue-free shampoo
- ☐ Moisturizing spray
- ☐ Scalp oil blend
- ☐ Shower caps
- ☐ Clean microfiber towel
- ☐ Steamer, optional
- ☐ Need to restock: _____

WEEKLY WASH SCHEDULE

PICK WHICH DAY OF THE WEEK TO WASH YOUR LOCS

EVENING BEFORE WASH DAY (OPTIONAL)

- ☐ Hot oil scalp treatment
- ☐ Wear shower cap over locs (overnight)

WASH DAY (NEXT MORNING)

- ☐ Wash with residue-free shampoo
- ☐ Rinse thoroughly
- ☐ Dry with lint-free microfiber towel
- ☐ Separate locs at the root
- ☐ Steam treatment (optional)
- ☐ Air dry completely
- ☐ Apply moisturizing spritz (optional)

☐ Week 1 ☐ Week 2 ☐ Week 3 ☐ Week 4

MONTHLY CHECK-IN

PROGRESS PHOTOS:

- ☐ Front ☐ Left
- ☐ Back ☐ Right

MEASUREMENTS: _____

REFLECTIONS

CHANGES OBSERVED: _____

PROBLEMS TO ADDRESS: _____

SUCCESSFUL TECHNIQUES: _____

