

MY HAIR IDENTITY

Hair Type:

Your curl pattern is identified by the shape that the strands of hair make. Your curl pattern can be straight, wavy, curly or kinky/tightly coiled.

(check the box next to your answer)

Straight Wavy Wavy Curly

Tight Curly Kinky Curly Kinky

TYPE

1

STRAIGHT HAIR

Fine & Fragile to
Coarse & Thin
(Curl Resistant)



TYPE

2

WAVY HAIR

Fine & Thin
to Coarse & Frizzy



TYPE

3

CURLY HAIR

Loose Curls to
Corkscrew Curls



TYPE

4

KINKY HAIR

Tight Coils to
Z-Angled Coils



photo credit: Andre Walker

photo credit : Pura Luxe

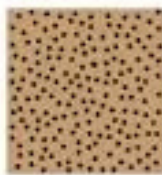
HAIR DENSITY



LOW



MEDIUM



HIGH

Hair Density:

Hair density is the number of strands on your head, it determines how thick or thin it is. Part hair to see how many strands are visible on your scalp.

(check the box next to your answer)



Fine



Medium



High

Hair Porosity:

Porosity is your hairs ability to absorb moisture and is broken down into three categories: low, normal and high.

(check the box next to your answer)



Low



Normal



High

POROSITY LEVELS



LOW POROSITY

HAIR DOES NOT EASILY ALLOW MOISTURE IN NOR ALLOW MOISTURE OUT.

NORMAL POROSITY

HAIR THAT ALLOWS MOISTURE IN, HOLDS IT FOR A GOOD AMOUNT OF TIME.

HIGH POROSITY

HAIR THAT EASILY ALLOWS MOISTURE IN AND OUT BECAUSE OF DAMAGE OR GAPS AND LARGE OPENINGS IN THE HAIR CUTICLE.



Hair Length:

Identifying your length right now will help when you do another length test months from now to see if your hair has grown.

■ Neck ■ Shoulder ■ Armpit

■ Bra Strap ■ Waist ■ Tailbone

TAKING PHOTOS IS THE PERFECT WAY TO SEE YOUR GROWTH. IF YOU NOTICE YOUR LENGTH HAS GONE TO THE NEXT STAGE, TRACK THAT IN THIS JOURNAL AS WELL. THE MORE DETAIL, THE BETTER THE JOURNEY. IF YOU LIKE TO MANIFEST OUTCOMES DO THAT WITH YOUR HAIR GOALS AND USE THE SPACE FOR THAT TOO. NOTE, YOU MOST LIKELY WON'T SEE RESULTS RIGHT AWAY BUT DOCUMENTING THE CHANGES OVER A YEAR WILL HELP YOU SEE THE DRASTIC CHANGES.

