



HAIR HOPE JOURNAL

DATE:

HAIR LOSS PATTERN

- ☐ SPARSE
- ☐ BALD PATCH
- ☐ EXCESSIVE SHEDDING
- ☐ BREAKAGE

SCALP FEELING

- ☐ SENSITIVE
- ☐ ITCHY
- ☐ BUMPY
- ☐ SCALES
- ☐ TENDER

HAIR & SCALP PRODUCTS:

WATER INTAKE:

BODY SYSTEM CLUES:

TRIGGERS:

EMOTIONAL STATE:

- ☐ ANXIOUS
- ☐ HOPEFUL
- ☐ CALM
- ☐

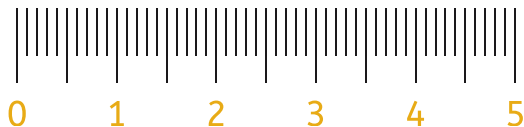
EXERCISE/MOVEMENT:

- ☐ PRACTICE 10 MINUTES OF MEDITATION
- ☐ PRACTICE GRATITUDE JOURNALING
- ☐ TAKE A FEW MOMENTS TO BREATHE DEEPLY
- ☐ MINDFUL EATING DURING MEALS

SLEEP:

 HOURS

STRESS LEVEL:



MEALS:

SUPPLEMENTS/ MEDS

- ☐

- ☐

- ☐

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MINDFUL EATING DURING MEALS

HOW TO PREPARE YOUR JOURNAL FOR OUR 15-MINUTE CROWN CARE CALL (PHONE)



This brief call is designed to see if my process is the right fit for you and, if it is, to guide you toward your next steps. To make the most of our time, have your Hair & Recovery Journal ready by following these steps:

1. Download & Choose Your Format

- Grab the PDF of the Hair & Recovery Journal (with Body-Systems section).
- Decide if you'll print it or use it digitally on your tablet/computer.

2. Block Out a Daily 3–5-Minute Slot

Every evening, fill in:

1. Date (MM/DD/YYYY)
2. Hair-Loss Pattern (Sparse, Bald Patch, Excessive Shedding, Breakage)
3. Scalp Feeling (Sensitive, Itchy, Dry, Bumpy, Scales/Flakes, Tender)
4. Emotional State (one-word mood)
5. Sleep (hrs + quality)
6. Exercise/Movement (type + duration)
7. Meals & Water (key foods + oz.)
8. Stress Level (1–5)
9. Supplements / Meds (name + dose)
10. Triggers (e.g., tight braid, travel, illness)
11. Products used (brand + name)
12. Body-System Clues (see table below)

Section	What to Note	Why It Matters	How to Fill It In
Date	Today's date (MM/DD/YYYY)	Tracks progress over time and links journal entries to real-world events.	Write the date at the top of the page.
Hair-Loss Pattern	Check all that apply: "Sparse," "Bald Patch," "Excessive Shedding," "Breakage"	Identifies the type of hair challenge so you can target solutions appropriately.	Tick or circle each symptom you notice today.
Scalp Feeling	Choose any: "Sensitive," "Itchy," "Dry," "Bumpy," "Scales/Flakes," "Tender"	Flags underlying scalp conditions—whether irritation, inflammation, or barrier issues.	List one or more feelings; add a short note if needed (e.g., "front hairline itchy").
Emotional State	One-word mood: anxious, hopeful, tired, calm, etc.	Connects stress and mindset to hair signals—your emotions affect hormones and healing.	Jot a single word (or 1–2 short phrases) in the space.
Sleep	Hours and quality (e.g., "6 hrs, restless," "8 hrs, deep")	Sleep governs repair and hormone balance—poor rest speeds hair loss.	Record hours slept and a quick note on sleep quality.
Exercise / Movement	Type (walk, yoga, weights) + duration	Physical activity boosts circulation and lowers stress hormones—both key for scalp health.	Write "30 min walk" or "15 min yoga," etc.
Meals & Water	Main foods eaten + ounces of water	Nutrition and hydration supply building blocks for hair protein and scalp moisture.	Bullet key meals (e.g., "oats, spinach, salmon") + water total ("64 oz").
Stress Level	Scale 1–5 (1 = relaxed, 5 = overwhelmed)	Cortisol spikes trigger shedding—seeing patterns helps you manage stress proactively.	Circle the number that fits today's stress.
Supplements / Meds	List anything taken (name + dose)	Supplements and medications can support or hinder hair growth—tracking reveals effectiveness or side-effects.	List brand and dose (e.g., "Iron 18 mg," "Biotin 5 mg").
Triggers	Note any unusual events (travel, illness, tight styles)	External factors often precipitate shedding or scalp flares—recognizing them prevents repeat episodes.	Write a short phrase, e.g., "tight braid Wednesday" or "office stress."
Hair & Scalp Products	List shampoos, conditioners, oils, treatments used today	Product buildup or irritants can aggravate scalp or strand health—tracking avoids hidden culprits.	List brand + product name (e.g., "Brand X clarifying shampoo").



3. Track Body-System Clues

How to fill: In “Body-System Clues,” jot shorthand (e.g., “bloat after lunch,” “cycle Day 24,” “cold hands in AC”)

4. Be Honest & Specific

- Describe exactly what you observe (e.g., “Excessive shedding at temples,” “Scalp itchy after styling,” “5 hrs sleep—restless”).
- Capture any triggers or patterns—no detail is too small.

5. Highlight Your Top 2–3 Insights

- The day before our call, circle or underline the most consistent or surprising patterns (e.g., shedding spikes on high-stress days).
- These highlights let me focus immediately on your most relevant root issues.

6. Have Your Journal Ready on the Call

- Printed: Keep pages beside your phone so you can read aloud entries.
- Digital: Open the PDF and navigate to your highlighted sections.
- Pro tip: Note page numbers for quick reference.

7. Bring Your Questions

- Jot down 1–3 questions in advance—this helps me determine if we’re a good fit and points you toward the right next step.

By preparing in this way combining daily hair and scalp notes with body-system clues, you ensure our 15-minute phone call is focused on discovering whether my approach is right for you, and if so, mapping out your ideal next steps toward full consultation and recovery.

MEET JERRIA SWINTON



Book your consultation Call

You will book a complimentary 15-minute consultation call designed to help me understand your crown's unique needs and determine if the crown care program approach is the right fit for your hair and scalp journey.

BOOK YOUR FREE CONSULTATION CALL

