

Wash Day Checklist

PRE-POO

YES

NO

SHAMPOO

YES

NO

CO-WASH

YES

NO

LEAVE-IN CONDITIONER

YES

NO

GEL

YES

NO

RAKE

YES

NO

OIL

YES

NO

DIFFUSE

YES

NO

RESULTS/NOTES

CLARIFY

YES

NO

CONDITION/DEEP CONDITION

YES

NO

SQUISH TO CONDISH

YES

NO

CURL CREAM

YES

NO

MOUSSE

YES

NO

PRAYING HANDS

YES

NO

PLOP/MICROPLOP

YES

NO

SCRUNCH OUT THE CRUNCH

YES

NO