



FREE
PRINTABLE



30-DAY Hair Growth ROUTINE PLANNER



STRONGER, THICKER, HEALTHIER
HAIR NATURALLY



NOURISH
YOUR HAIR



MASSAGE
DAILY



STAY
HYDRATED



EAT HEALTHY
FOODS



SUPPORT
WITH BIOTIN



*Small daily habits
create big, beautiful
results.*



WELLINFINITY.COM





How It Works

YOU
CAN DO
THIS!



This 30-Day Hair Growth Routine Planner is your simple guide to build healthy habits and see real results.

WHAT YOU'LL DO DAILY



APPLY HAIR OIL

Nourish your scalp and strengthen your roots.



MASSAGE YOUR SCALP

3-5 minutes daily to improve blood flow and growth.



DRINK ENOUGH WATER

Stay hydrated for healthy hair from within.



EAT A HEALTHY DIET

Fuel your hair with vitamins, protein and minerals.



TAKE SUPPLEMENTS (IF USING)

Biotin and other nutrients support stronger growth.

♥ SIMPLE RULES ♥



BE CONSISTENT FOR 30 DAYS

Consistency is the key to visible, long-lasting results.



DON'T SKIP MORE THAN 1-2 DAYS

Missing a day is okay, but don't make it a habit.



TRACK YOUR PROGRESS DAILY

Check off your habits and see your improvement.



BE PATIENT & TRUST THE PROCESS

Your hair didn't change overnight, and it won't in 30 days.

Small habits today, stronger hair tomorrow.

YOU'RE INVESTING IN YOUR BEST CROWN

Let's begin this 30-day journey towards thicker, healthier, more beautiful hair!





30-DAY HAIR GROWTH

Daily Tracker

DAYS
1-10



Small daily habits = Big hair transformation

DAY	 APPLIED HAIR OIL	 SCALP MASSAGE (3-5 MINS)	 DRANK ENOUGH WATER	 ATE HEALTHY DIET	 TOOK SUPPLEMENTS (IF USING)	 NOTES
Day 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 5	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 6	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 7	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 8	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 9	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

*You've
Got This!*

Be proud of showing up for your hair every single day.

CONSISTENCY TODAY, STRONG HAIR TOMORROW.

My Goal for
these 10 days:

ONE DAY AT A TIME. ONE STEP CLOSER TO HEALTHIER HAIR. ♥





30-DAY HAIR GROWTH

Daily Tracker

DAYS
11-20



Small daily habits = Big hair transformation

DAY	 APPLIED HAIR OIL	 SCALP MASSAGE (3-5 MINS)	 DRANK ENOUGH WATER	 ATE HEALTHY DIET	 TOOK SUPPLEMENTS (IF USING)	 NOTES
Day 11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 13	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 14	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 15	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 16	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 17	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 18	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 19	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 20	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

WEEKLY PROGRESS CHECK

WEEK 2 (DAYS 11-14)

Hair fall level:

Scalp condition:

Changes noticed: _____



WEEK 3 (DAYS 15-20)

Hair fall level:

Scalp condition:

Changes noticed: _____

Stay
consistent.
see the change!

“
Your hair won't change overnight,
but your habits will change everything.”



30-DAY HAIR GROWTH Daily Tracker

DAYS
21-30



Small daily habits = Big hair transformation

DAY	 APPLIED HAIR OIL	 SCALP MASSAGE (3-5 MINS)	 DRANK ENOUGH WATER	 ATE HEALTHY DIET	 TOOK SUPPLEMENTS (IF USING)	 NOTES
Day 21	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 22	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 23	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 24	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 25	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 26	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 27	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 28	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 29	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Day 30	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

WEEKLY PROGRESS CHECK

WEEK 4 (DAYS 21-30)

Hair fall level:

Scalp condition:

Changes noticed: _____

OVERALL PROGRESS (DAYS 1-30)

- Is hair fall reduced?
- Is hair stronger?
- Is scalp healthier?
- Is hair feeling thicker?
- Are you more consistent?

My biggest improvement:

You're
Doing
Amazing!

Discipline today,
stronger hair tomorrow.
Keep going, beautiful!

YOUR
ROUTINE
IS YOUR
RESULT



30-DAY HAIR GROWTH

Routine Plan

Simple daily & weekly habits for healthy hair growth



DAILY ROUTINE

MORNING ROUTINE



Hydrate

Drink a glass of water



Nourish

Eat a healthy, nutrient-rich breakfast



Supplements

Take biotin or other supplements (if using)



Care

Gentle detangling or scalp care

EVENING / NIGHT ROUTINE



Oil

Apply hair oil or serum to scalp & lengths



Massage

Scalp massage for 3-5 minutes



Cleanse

Wash hair (2-3 times per week)



Rest

Sleep 7-8 hours for recovery



WEEKLY ROUTINE



OIL TREATMENT

1-2 times per week



HAIR MASK

1 time per week



SCALP CARE

1 time per week



DEEP CONDITIONING

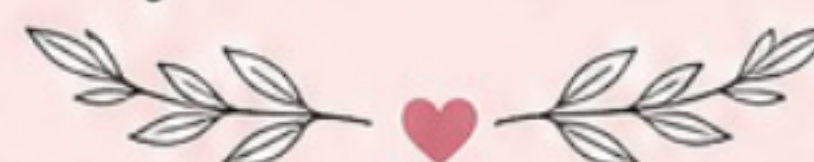
1 time per week



QUICK TIPS

- ✓ Be consistent every single day.
- ✓ Eat a balanced, protein-rich diet.
- ✓ Drink enough water.
- ✓ Avoid heat styling as much as possible.
- ✓ Manage stress & get enough sleep.
- ✓ Trust the process and be patient!

Healthy habits today,
stronger hair tomorrow.



ONE ROUTINE. 30 DAYS. A LIFETIME OF HEALTHY HAIR. ♥



30-DAY HAIR GROWTH *Diet Checklist*

Fuel your hair from within



HOW TO USE

Include these nutrient-rich foods in your daily meals.
Check the circles when you eat them!



BIOTIN-RICH FOODS

Supports hair growth and thickness



Eggs

M T W T F S S
○ ○ ○ ○ ○ ○ ○



Nuts & Seeds

M T W T F S S
○ ○ ○ ○ ○ ○ ○



Avocado

M T W T F S S
○ ○ ○ ○ ○ ○ ○



Sweet Potato

M T W T F S S
○ ○ ○ ○ ○ ○ ○



Banana

M T W T F S S
○ ○ ○ ○ ○ ○ ○



Mushrooms

M T W T F S S
○ ○ ○ ○ ○ ○ ○



PROTEIN-RICH FOODS

Strengthens hair and prevents breakage



Lean Chicken

M T W T F S S
○ ○ ○ ○ ○ ○ ○



Fish

M T W T F S S
○ ○ ○ ○ ○ ○ ○



Lentils

M T W T F S S
○ ○ ○ ○ ○ ○ ○



Chickpeas

M T W T F S S
○ ○ ○ ○ ○ ○ ○



Tofu

M T W T F S S
○ ○ ○ ○ ○ ○ ○



Greek Yogurt

M T W T F S S
○ ○ ○ ○ ○ ○ ○



IRON & ZINC-RICH FOODS

Improves circulation and strengthens roots



Spinach

M T W T F S S
○ ○ ○ ○ ○ ○ ○



Pumpkin Seeds

M T W T F S S
○ ○ ○ ○ ○ ○ ○



Quinoa

M T W T F S S
○ ○ ○ ○ ○ ○ ○



Beetroot

M T W T F S S
○ ○ ○ ○ ○ ○ ○



Dairy (Milk/Cheese)

M T W T F S S
○ ○ ○ ○ ○ ○ ○



Oats

M T W T F S S
○ ○ ○ ○ ○ ○ ○

♥ DAILY HYDRATION REMINDER

Water is essential for healthy hair!



Aim for 8-10 glasses of water every day.

♥ TODAY'S MEAL PLAN

Breakfast: _____

Lunch: _____

Dinner: _____

Snacks: _____

Healthy food,
healthy hair,
happy you!

Small food choices today
Stronger hair tomorrow





30-DAY HAIR GROWTH

Before & After Track

TRACK
YOUR
GROWTH
JOURNEY



See your progress. Stay motivated.

DAY 1 (BEFORE)



Add your photo here

Hair Fall Level
Low High

Hair Thickness
Thin Thick

Hair Shine
Dull Shiny

Scalp Condition
Dry Healthy

Overall Health
Poor Excellent



DAY 30 (AFTER)



Add your photo here

Hair Fall Level
Low High

Hair Thickness
Thin Thick

Hair Shine
Dull Shiny

Scalp Condition
Dry Healthy

Overall Health
Poor Excellent



NOTES & OBSERVATIONS

Day 1 Notes

.....
.....
.....
.....



Day 30 Notes

.....
.....
.....
.....

“ Your hair is a reflection of your consistency, care and self-love. *Keep going, beautiful!* ”





30-DAY HAIR GROWTH

Weekly Habit Tracker

ONE
WEEK AT
A TIME,
BIG
RESULTS

Consistency builds healthy, beautiful hair.



WEEKLY OVERVIEW

HABITS	MON	TUE	WED	THU	FRI	SAT	SUN	NOTES
Hydrate Drink enough water	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-----
Eat Nutrient-Rich Foods Fuel your hair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-----
Oil / Scalp Massage Nourish your scalp	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-----
Cleanse Wash your hair	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-----
Rest & Sleep 7-8 hours of sleep	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-----
Supplements If using	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	-----



CHALLENGES & SOLUTIONS

COMMON CHALLENGES

- Forgetting to follow routine _____
- Not enough time _____
- Unhealthy eating habits _____
- Lack of motivation _____
- Stress & poor sleep _____
- Other: _____



MY SOLUTIONS

- _____
- _____
- _____
- _____
- _____
- _____



AFFIRMATIONS

Speak positivity. See results.

- My hair is growing stronger every day.
- I nourish my body and my hair.
- I am consistent and committed.
- I choose healthy habits.
- I am patient and trust the process.



REWARD YOURSELF

Celebrate small wins!

This week, I will reward myself with:



“ Little habits. Big changes.
Stronger hair, healthier you. ”

ONE WEEK AT A TIME, YOU ARE BECOMING YOUR BEST HAIR. ♥



30-DAY HAIR GROWTH

Reflection & Next Steps

REFLECT.
RESET.
GROW
AGAIN.

Celebrate your progress. Plan your next chapter.

1. MY 30-DAY JOURNEY



What are you most proud of?

What changes did you notice in your hair?

What worked best for you?

What challenges did you face?

2. PROGRESS CHECK

Rate your progress in each area:

	Hair Growth	☆ ☆ ☆ ☆ ☆	(1-5)
	Hair Thickness	☆ ☆ ☆ ☆ ☆	(1-5)
	Hair Shine	☆ ☆ ☆ ☆ ☆	(1-5)
	Scalp Health	☆ ☆ ☆ ☆ ☆	(1-5)
	Overall Health	☆ ☆ ☆ ☆ ☆	(1-5)

Every small step adds up to beautiful, lasting results.

3. WHAT'S NEXT?



I WILL CONTINUE

- _____
- _____
- _____
- _____
- _____



I WILL IMPROVE

- _____
- _____
- _____
- _____
- _____



I WILL TRY

- _____
- _____
- _____
- _____
- _____

4. TIPS TO KEEP GROWING

- ✓ Stay consistent with your routine.
- ✓ Keep eating nourishing foods.
- ✓ Manage stress & get enough sleep.
- ✓ Keep your scalp clean and healthy.
- ✓ Be patient and trust the process.
- ✓ Hydrate, inside and out!



5. NOTES & REMINDERS

“ Healthy hair is a lifestyle, not a destination.
Keep showing up for yourself. ”

YOUR JOURNEY DOESN'T END HERE. YOUR BEST HAIR IS AHEAD. ♥



30-DAY HAIR GROWTH

My Results Summary

YOU DID THE WORK.
NOW SEE THE RESULTS!

Look back. Be proud. Keep going.

1. MY TRANSFORMATION

Add your before and after photos to see your amazing progress!



DAY 1
(BEFORE)



DAY 30
(AFTER)



WHAT I NOTICED

- ♥ More growth around hairline _____
- ♥ Less hair fall _____
- ♥ Thicker-looking hair _____
- ♥ Healthier scalp _____
- ♥ More shine _____
- ♥ Stronger hair _____
- ♥ Other: _____

2. MY 30-DAY STATS



Days Completed /30



Glasses of Water
(Average per day)



Healthy Meals
(Average per day)



Consistency Score
(Rate yourself 1-5)

3. BIGGEST LESSONS I LEARNED

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____



4. WHAT I WILL CONTINUE DOING

These habits worked best for me and I will keep doing them!



HYDRATE



EAT WELL



SCALP CARE



CLEANSE



REST & SLEEP

5. MY COMMITMENT

I commit to continuing my hair growth journey and taking care of myself every day.

I promise myself:

- ♥ _____
- ♥ _____
- ♥ _____

Signed: _____ Date: _____

“ You are not just growing your hair, you are growing your confidence. ”

♥ BE PROUD OF HOW FAR YOU'VE COME! ♥

♥ WELLINFINITY.COM ♥