



WEEKLY HAIR LOSS TRACKING CHART

Days \ Hair Loss Level	Mild (1-25 strands)	Moderate (25-100 strands)	Excessive (100+ strands)
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



WEEKLY ADDITIONAL POINTS

ACTIVE TREATMENTS/MEDICATIONS : (write down if you take any)

DIETARY CHANGES : (write down if you changed anything in your diet this week)

STRESS LEVEL : (give yourself a weekly grade from 1 to 10)

NOTES :