



The Ultimate Holistic Hair Growth Calendar



A 6 WEEKS, STEP-BY-STEP PATH TOWARDS YOUR HEALTHIEST HAIR YET

Green + Yellow = Your lifestyle
 Red = Your Scalp Blood flow
 Purple = Your Ritual

You do not need to complete all to get a "successful" week: sometimes 3 will get you to the mark.

Numbers 20 / 30 / 90 next to an activity correspond to recommended duration in minutes for each activity ideally should take you.

All utilising our [3 Pillar Hair Health Framework](#)

In the days where things get too much, doing an item from the lifestyle and a ritual will suffice. Stay gentle with yourself.

Finally, if you have questions, drop us an email customer@thehairfuel.com

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Weekly Success
Week 1	<input type="checkbox"/> Nourish green bowl	<input type="checkbox"/> Sugar-free day	<input type="checkbox"/> Sugar-free day	<input type="checkbox"/> Sugar-free day	<input type="checkbox"/> Nourish bowl	<input type="checkbox"/> Pumpkin seed snack	<input type="checkbox"/> Bake from scratch	3 or more
	<input type="checkbox"/> Yoga Nidra 20	<input type="checkbox"/> Pilates 30	<input type="checkbox"/> Journal 20	<input type="checkbox"/> Cardio 30	<input type="checkbox"/> Yoga 40	<input type="checkbox"/> Journal 20	<input type="checkbox"/> Long walk 60	3 or more
	<input type="checkbox"/> Scalp massage	<input type="checkbox"/> Overnight scalp & hair oil soak	<input type="checkbox"/> Brush 100 times	<input type="checkbox"/> Face mask	<input type="checkbox"/> Celebrate your effort!	<input type="checkbox"/> The Hair Fuel mask	<input type="checkbox"/> Search & Destroy trim	5 or more
	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10	9 or more
Week 2	<input type="checkbox"/> Sugar-free day	<input type="checkbox"/> Nourish green bowl	<input type="checkbox"/> Nourish green bowl <input type="checkbox"/> Sugar-free day	<input type="checkbox"/> Homemade soup	<input type="checkbox"/> Plant-based day <input type="checkbox"/> Sugar-free day	<input type="checkbox"/> Nourish green bowl	<input type="checkbox"/> Plan 2 meals	6 or more
	<input type="checkbox"/> Hair product audit	<input type="checkbox"/> Exercise 30	<input type="checkbox"/> Long walk 90	<input type="checkbox"/> Yoga Nidra 20	<input type="checkbox"/> Journal 20	<input type="checkbox"/> Exercise 30	<input type="checkbox"/> Long walk 60	3 or more
	<input type="checkbox"/> Scalp massage	<input type="checkbox"/> Dermalrolling	<input type="checkbox"/> The Hair Fuel mask	<input type="checkbox"/> Face mask	<input type="checkbox"/> Brush 100 times	<input type="checkbox"/> Overnight soak	<input type="checkbox"/> Scrub your scalp	6 or more
	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10 <input type="checkbox"/> Omega 3-6-9	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10 <input type="checkbox"/> Omega 3-6-9	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10 <input type="checkbox"/> Omega 3-6-9	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10 <input type="checkbox"/> Omega 3-6-9	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10 <input type="checkbox"/> Omega 3-6-9	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10 <input type="checkbox"/> Omega 3-6-9	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10 <input type="checkbox"/> Omega 3-6-9	15 or more
Week 3	<input type="checkbox"/> Nourish green bowl	<input type="checkbox"/> Plant-based day	<input type="checkbox"/> Nourish green bowl <input type="checkbox"/> Sugar-free day	<input type="checkbox"/> Homemade soup	<input type="checkbox"/> Sugar-free day	<input type="checkbox"/> Nourish green bowl	<input type="checkbox"/> Plan 3 meals	6 or more
	<input type="checkbox"/> Yoga Nidra 20	<input type="checkbox"/> Exercise 30	<input type="checkbox"/> Manual activity 30	<input type="checkbox"/> Yoga Nidra 20	<input type="checkbox"/> Power Yoga 40 <input type="checkbox"/> Journal 20	<input type="checkbox"/> Journal 20	<input type="checkbox"/> Long walk 60	5 or more
	<input type="checkbox"/> Scalp massage	<input type="checkbox"/> Overnight soak <input type="checkbox"/> Scalp massage	<input type="checkbox"/> Face mask	<input type="checkbox"/> Scalp massage	<input type="checkbox"/> Dermalrolling	<input type="checkbox"/> The Hair Fuel mask	<input type="checkbox"/> Scalp massage	6 or more
	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10 <input type="checkbox"/> Omega 3-6-9	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10 <input type="checkbox"/> Omega 3-6-9	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10 <input type="checkbox"/> Omega 3-6-9	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10 <input type="checkbox"/> Omega 3-6-9	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10 <input type="checkbox"/> Omega 3-6-9	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10 <input type="checkbox"/> Omega 3-6-9	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10 <input type="checkbox"/> Omega 3-6-9	18 or more
Week 4	<input type="checkbox"/> Nourish green bowl <input type="checkbox"/> Sugar-free day	<input type="checkbox"/> Plant-based day	<input type="checkbox"/> Homemade soup <input type="checkbox"/> Sugar-free day	<input type="checkbox"/> Nourish green bowl <input type="checkbox"/> Sugar-free day	<input type="checkbox"/> Plant-based day	<input type="checkbox"/> Sugar-free day	<input type="checkbox"/> Plan 2 meals	10 or more
	<input type="checkbox"/> Pilates 30 <input type="checkbox"/> Journal 20	<input type="checkbox"/> Yoga Nidra 20	<input type="checkbox"/> Run or bike 30 <input type="checkbox"/> Journal 20	<input type="checkbox"/> Manual activity 30	<input type="checkbox"/> Celebrate your body today!	<input type="checkbox"/> Journal 20	<input type="checkbox"/> Long walk 60	6 or more
	<input type="checkbox"/> Scalp massage	<input type="checkbox"/> The Hair Fuel mask	<input type="checkbox"/> Face mask <input type="checkbox"/> Scalp massage	<input type="checkbox"/> Dermalrolling	<input type="checkbox"/> Scalp massage	<input type="checkbox"/> Overnight soak <input type="checkbox"/> Scalp massage	<input type="checkbox"/> Celebrate your scalp today!	7 or more
	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10 <input type="checkbox"/> Omega 3-6-9	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10 <input type="checkbox"/> Omega 3-6-9	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10 <input type="checkbox"/> Omega 3-6-9	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10 <input type="checkbox"/> Omega 3-6-9	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10 <input type="checkbox"/> Omega 3-6-9	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10 <input type="checkbox"/> Omega 3-6-9	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10 <input type="checkbox"/> Omega 3-6-9	20 or more
Week 5	<input type="checkbox"/> Nourish salad bowl	<input type="checkbox"/> Plant-based day	<input type="checkbox"/> Nourish green bowl <input type="checkbox"/> Sugar-free day	<input type="checkbox"/> Celebrate your body!	<input type="checkbox"/> Sugar-free day	<input type="checkbox"/> Nourish green bowl	<input type="checkbox"/> Plan 3 meals	All 8
	<input type="checkbox"/> Yoga Nidra 20	<input type="checkbox"/> Exercise 30	<input type="checkbox"/> Manual activity 30	<input type="checkbox"/> Yoga Nidra 20	<input type="checkbox"/> Power Yoga 40 <input type="checkbox"/> Journal 20	<input type="checkbox"/> Journal 20	<input type="checkbox"/> Long walk 90	7 or more
	<input type="checkbox"/> Scalp massage	<input type="checkbox"/> Overnight soak <input type="checkbox"/> Scalp massage	<input type="checkbox"/> Face mask	<input type="checkbox"/> Scalp massage	<input type="checkbox"/> Dermalrolling	<input type="checkbox"/> The Hair Fuel mask	<input type="checkbox"/> Scalp massage	All 8
	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10 <input type="checkbox"/> Omega 3-6-9	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10 <input type="checkbox"/> Omega 3-6-9	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10 <input type="checkbox"/> Omega 3-6-9	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10 <input type="checkbox"/> Omega 3-6-9	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10 <input type="checkbox"/> Omega 3-6-9	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10 <input type="checkbox"/> Omega 3-6-9	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10 <input type="checkbox"/> Omega 3-6-9	24 or more
Week 6	<input type="checkbox"/> Nourish green bowl	<input type="checkbox"/> Plant-based day	<input type="checkbox"/> Homemade soup <input type="checkbox"/> Sugar-free day	<input type="checkbox"/> Nourish green bowl <input type="checkbox"/> Sugar-free day	<input type="checkbox"/> Plant-based day	<input type="checkbox"/> No added sugar	<input type="checkbox"/> Plan 2 meals	All 9
	<input type="checkbox"/> Pilates 30 <input type="checkbox"/> Journal 20	<input type="checkbox"/> Yoga Nidra 20	<input type="checkbox"/> Run or bike 30 <input type="checkbox"/> Journal 20	<input type="checkbox"/> Manual activity 30	<input type="checkbox"/> Journal 20	<input type="checkbox"/> Yoga Nidra 20	<input type="checkbox"/> Exercise 30	7 or more
	<input type="checkbox"/> Scalp massage	<input type="checkbox"/> The Hair Fuel mask	<input type="checkbox"/> Face mask <input type="checkbox"/> Scalp massage	<input type="checkbox"/> Dermalrolling	<input type="checkbox"/> Scalp massage	<input type="checkbox"/> Overnight soak <input type="checkbox"/> Scalp massage	<input type="checkbox"/> Celebrate your scalp!	All 9
	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10 <input type="checkbox"/> Omega 3-6-9	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10 <input type="checkbox"/> Omega 3-6-9	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10 <input type="checkbox"/> Omega 3-6-9	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10 <input type="checkbox"/> Omega 3-6-9	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10 <input type="checkbox"/> Omega 3-6-9	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10 <input type="checkbox"/> Omega 3-6-9	<input type="checkbox"/> Multivitamin <input type="checkbox"/> Meditate 10 <input type="checkbox"/> Omega 3-6-9	All 27



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