THE 30-DAY EDGE RECOVERY TRACKER™

A Practical Companion Workbook to The Edge Recovery Cycle™

AUTHOR: AXELA A | METHODOLOGY: THE 3R EDGE RESET™ (REDUCE • REPAIR • PROTECT)

Workbook Commitment & Baseline Assessment

Before starting Day 1, take a baseline photo of your hairline from the front, left, and right sides in consistent natural light. Answer these baseline questions honestly to track your progress over the next 30 days.

BASELINE ASSESSMENT (DAY 0)

1. Primary Hairstyle Worn Most Frequently:

2. Biggest Source of Hairline Tension/Pulling:

3. Daily Edge Manipulation Frequency (Brushing, smoothing, re-adjusting):

4. Current Scalp Sensation (Tenderness, soreness, itching, bumps, or neutral):

PHASE 1: OBSERVE (DAYS 1–7 TRACKER)

Focus: Notice habits without panicking or changing everything at once.

Day	Daily Focus Task	Scalp Sensation & Habit Noticed	Completed
Day 1	Observe hairline and scalp in natural light		☐ Done
Day 2	Identify your most stressful hairstyle		☐ Done
Day 3	Count how often you touch/adjust edges		☐ Done
Day 4	Check for tenderness, itching, or bumps		☐ Done
Day 5	Assess hairstyle comfort (24-Hour Comfort Test)		☐ Done
Day 6	Identify concealment habits (gels, tight wigs)		☐ Done
Day 7	Week 1 Review: Select 1 habit to reduce		☐ Done

Week 1 Reflection: What surprised you most about your current routine?

PHASE 2: REDUCE (DAYS 8–14 TRACKER)

Focus: Eliminate unnecessary pulling, high tension, and excessive manipulation.

Day	Action Task	Tension Reduction Action Taken	Completed
Day 8	Reduce tension from 1 active hairstyle/habit		☐ Done
Day 9	Practice One-and-Done Styling Rule™		☐ Done
Day 10	Audit products; remove unnecessary gels/oils		☐ Done
Day 11	Practice ultra-gentle detangling & styling		☐ Done
Day 12	Cease unnecessary edge brushing/touching		☐ Done
Day 13	Plan a Low-Tension Style Rotation™		☐ Done
Day 14	Week 2 Review: Assess scalp comfort level		☐ Done

PHASE 3: STABILIZE (DAYS 15–21 TRACKER)

Focus: Build consistency without adding complex rules.

Day	Action Task	Consistency Notes	Completed
Day 15	Reinforce easiest habit from Week 2		☐ Done
Day 16	Assess style weight & installation tension		☐ Done
Day 17	Avoid micro-adjustments for "perfect" edges		☐ Done
Day 18	Check scalp for tenderness or inflammation		☐ Done
Day 19	Execute 1 zero-manipulation recovery day		☐ Done
Day 20	Review gentle removal of braids/wigs/styles		☐ Done
Day 21	Week 3 Review: Identify permanent habits		☐ Done

Mid-Point Check-In: Is your scalp feeling noticeably more comfortable compared to Day 1?

PHASE 4: LOCK IN (DAYS 22–30 TRACKER)

Focus: Establish your permanent Edge Recovery Routine.

Day	Action Task	Long-term Habit Refinement	Completed
Day 22	List 3 tension habits eliminated for good		☐ Done
Day 23	List 3 protective habits to maintain daily		☐ Done
Day 24	Commit to low-tension styling options only		☐ Done
Day 25	Finalize streamlined, gentle product stack		☐ Done
Day 26	Define action plan if scalp discomfort recurs		☐ Done
Day 27	Reduce mirror checking to once per day max		☐ Done
Day 28	Complete full 30-day routine evaluation		☐ Done
Day 29	Take 30-day progress photos in same light		☐ Done
Day 30	Write & sign permanent Hairline Commitment		☐ Done

My Permanent Hairline Commitment (Day 30)

From this day forward, I protect my hairline by following the 3R Edge Reset™ principles:

1. REDUCE: I will reduce unnecessary tension by...

2. REPAIR: I will repair my hair care habits by...

3. PROTECT: I will protect my edges long-term by...

Signature: **Date:**