



BONUS #1

The Edge Load Self-Audit™ Workbook

Discover the Everyday Habits That May Be Placing the Most Stress on Your Edges

BEFORE YOU START

This isn't a test.

There are no right or wrong answers.

The goal is simply to help you notice the routines, styling habits and everyday patterns you may have stopped paying attention to.

Be honest.

The more honest you are, the easier it becomes to build a routine that actually makes sense.

PART 1

Your Last Three Hairstyles

Hairstyle	How Long Did You Wear It?	Any Tightness or Discomfort?	What Happened After Removal?
_____	_____	_____	_____
_____	_____	_____	_____

Your

EDGE LOAD STACK™



*Which one shows up
most often in your routine?*

PART 2

Tick Every Habit That Sounds Like You

- ☐ I often wear hairstyles that feel tight.
- ☐ I keep adjusting my edges throughout the day.
- ☐ I brush or smooth my edges several times daily.
- ☐ I regularly wear wigs or accessories that touch the same area.
- ☐ I usually install another hairstyle immediately after removing one.
- ☐ I often buy a new product before understanding what changed.
- ☐ I frequently compare my hair in different mirrors and lighting.
- ☐ I rarely give my routine enough time before changing it.



Where Do You Think Most Of Your *Edge Load Comes From?*



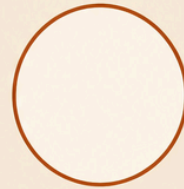
● MOSTLY TENSION

Styles or habits that pull on your edges and keep them under constant tension.



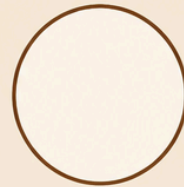
● MOSTLY FRICTION

Rubbing, tight fabrics, helmets, scarves, or accessories that rub the same areas.



● MOSTLY MANIPULATION

Frequent touching, brushing, slicking, or restyling that keeps your edges disturbed.



Be honest with yourself.
Awareness is the first step to change.



PART 3

What Stands Out Most To Me?

My Biggest Three Edge Loads

1. _____
2. _____
3. _____

My First Change Will Be

Remember: Awareness comes before improvement. You don't have to change everything today. Simply knowing what keeps repeating is the first step toward building a gentler routine.