

Weekly Nail Care Planner



Plan simple nail and cuticle care while keeping notes on products, shape, and color.

WEEK OF

NAIL GOAL

COLOR / STYLE

Weekly care schedule

DAY	CUTICLE OIL	HAND CREAM	PROTECT HANDS	NO PICKING	NOTES
Monday	☐	☐	☐	☐	
Tuesday	☐	☐	☐	☐	
Wednesday	☐	☐	☐	☐	
Thursday	☐	☐	☐	☐	
Friday	☐	☐	☐	☐	
Saturday	☐	☐	☐	☐	
Sunday	☐	☐	☐	☐	

MANICURE PLAN

Shape: _____

Length: _____

Base / treatment: _____

Polish / finish: _____

PRODUCTS I USED

☐ _____

☐ _____

☐ _____

☐ _____

WEEKLY NAIL NOTES

What worked well: _____

Any dryness, peeling, or sensitivity to watch: _____

What I will change next week: _____