

BODYCODEXX · FREE STARTER KIT

The Decode Starter Kit

Your body is talking.
Start taking notes.

Inside: a 7-day body journal, a cycle-skin log, a hair shedding tracker, and a pattern-spotting worksheet.

No diagnoses. No protocols. No gurus — just your own data, in one place, where you can finally see it.

For education and self-observation only. This kit is not medical advice.

What to track and why

Your memory lies to you about your own body. You remember the worst breakout, the heaviest shed day, the most exhausted afternoon — and forget the pattern around them. Seven days of simple notes fixes that.

The five signals worth tracking

1. **Energy** — a 1–10 score, morning and evening. Dips have causes; causes have patterns.
2. **Skin** — calm, dry, oily, breaking out, reactive. One word a day is enough.
3. **Hair** — shedding (light / normal / heavy), scalp feel, wash day or not.
4. **Cycle** — day of your cycle, or where you are in your month if cycles have changed.
5. **Sleep & mood** — hours slept, and one word for the day.

The rule: two minutes a day, same time each day. Imperfect notes beat perfect intentions.

This kit is for education and self-observation only. It is not medical advice and doesn't diagnose anything. What it does: gives you real notes to bring to a real clinician — and doctors love patients who show up with data.

THE 7-DAY BODY JOURNAL

Days 1-4

One row per day. Two minutes. Same time each day.

DAY & DATE	CYCLE DAY	SLEEP (HRS)	ENERGY AM/ PM	SKIN TODAY	HAIR TODAY	MOOD (ONE WORD)

Products, food, or life stuff worth noting

DAY	NOTES (NEW PRODUCT? ATE DIFFERENTLY? BIG STRESS? TRAVEL? PERIOD STARTED?)

Days 5-7

DAY & DATE	CYCLE DAY	SLEEP (HRS)	ENERGY AM/ PM	SKIN TODAY	HAIR TODAY	MOOD (ONE WORD)

Products, food, or life stuff worth noting

DAY	NOTES

One thing I noticed this week:

Map your skin against your month

One row per day for four weeks. Use cycle days 1-28, or just track “my month” if your cycles have shifted.

DAY	SKIN STATE (CALM / DRY / OILY / BREAKING OUT / REACTIVE)	BREAKOUTS (WHERE ON FACE?)	PRODUCTS USED
Wk 1			
Wk 2			
Wk 3			
Wk 4			

Circle the days your skin changed. What's the same about those days every month?

HAIR SHEDDING TRACKER (LITE)

Two weeks of shed notes

Rate shedding against your normal: light / normal / heavy.

DATE	WASH DAY?	SHED AMOUNT	STRESS 1-10	NEW PRODUCTS / MEDS / NOTES

Shedding that spikes 2-3 months after a stressor, illness, or big change is your follicles' **delayed** reaction. Your notes can date the trigger.

WEEKLY REVIEW

The Pattern Spotter

Set a timer for ten minutes. Answer honestly — no one sees this but you.

What repeated this week?

--

What changed in the 48 hours before it?

--

What's the one pattern I keep half-noticing?

--

If I tracked one more week, what would I watch?

--

Questions I want to ask my doctor or dermatologist

1	
2	
3	

WHERE TO GO NEXT

You've got seven days of data. Now go deeper.

Each BodyCodexx Decode System takes one part of your body and gives it the full treatment: deeper trackers, pattern guides, and a one-page **“Bring This to Your Doctor”** summary you fill in from your own notes.

Hair Decode — the full shedding tracker plus the pattern guide: date your triggers, stop changing five products at once.
For women watching the shower drain and wondering.

Skin Decode — the complete cycle-synced skin journal: predict your skin instead of reacting to it.
For women whose face runs on a schedule they haven't decoded yet.

Body Decode — energy, sleep, and symptom patterns across your whole month.
For women who feel like a different person week to week — because hormonally, you kind of are.

We're not clinicians. We're not gurus.
We're just paying attention — and now you are too.

BodyCodexx is an educational self-tracking system. It is not medical advice and is not a substitute for care from a qualified clinician.