

Balding AI Hair Tracking Session Worksheet

Use one sheet per photo session. The goal is to make later images comparable, not to diagnose the cause of hair changes.

Session setup

Session date	
Camera/device	
Location	
Camera distance/height	
Lighting source/direction	
Hair state	Dry / wet / styled / product used
Days since haircut	

Zone checklist

Zone	Captured	Matched baseline?	Notes
Front hairline	[]	[]	
Left temple	[]	[]	
Right temple	[]	[]	
Top / part	[]	[]	
Crown	[]	[]	

Session exceptions and context

Haircut, styling, or product change	
Illness, stress, or routine change	
New scalp symptoms to discuss	
Other reason this session differs	

Comparison note

Compare with session dated	
Visible pattern across comparable sessions	
Decision: keep collecting / discuss with professional	

Safety note: Photographs can document visible change, but they cannot diagnose hair loss or prove that a treatment caused a change. Seek qualified assessment for sudden, patchy, painful, inflamed, or scarring changes.