

FASHION  
JOURNAL  
TRACKER

**FASHION  
JOURNAL TRACKER**

DATE: \_\_\_\_\_

#OOTD

**MON**

**FRI**

**TUES**

**SAT**

**WED**

**SUN**

**THURS**

**NOTES**

**FASHION  
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*"A way to express, create, log +  
understand new fashion  
ideas for inspiration."*

**01.** Describe today's outfit, and why I wore the outfit.

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DATE:

**02.** Window shopping therapy: What did I see or buy?

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BRAND(S) COLOR/STYLE:

**03.** What can I wear in the future or continue to wear to improve how I am feeling?

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**MY PERSONAL STYLE:**

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**MY FASHION VALUES + BELIEFS:**

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**MY IDEAS FOR MY CURRENT + FUTURE WARDROBE:**

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**MY FASHION GOALS: SHORT + LONG-TERM:**

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**FASHION // STYLE AESTHETICS**

*Describe how each topic symbolizes your own fashion trends,  
styles + looks (and/or collectively-- other people's current style.)*

**HEALTH**

**HOLISTIC TREND**

**ENLIGHTENMENT**

**TRANSITION**

