



Barong Yekhna

16-Week LLL Success Kit

Routine Plan · Habit Tracker · Progress Photos · Troubleshooting
Guide

- Use your Barong Yekhna Apex Laser on every other day for 20 minutes per session.
- Take progress photos every 2 weeks.
- Evaluate results after 12–24 weeks of consistent use.
- Consistency matters more than intensity.

Results vary. This kit is for routine tracking only and is not medical advice.

Week 1

Session Day	Completed	Notes
Day 1	■	
Day 3	■	
Day 5	■	
Day 7	■	

Week 2

Session Day	Completed	Notes
Day 8	■	
Day 10	■	
Day 12	■	
Day 14	■	

Week 3

Session Day	Completed	Notes
Day 15	■	
Day 17	■	
Day 19	■	
Day 21	■	

Week 4

Session Day	Completed	Notes
Day 22	■	
Day 24	■	
Day 26	■	
Day 28	■	

Week 5

Session Day	Completed	Notes
Day 29	■	
Day 31	■	
Day 33	■	
Day 35	■	

Week 6

Session Day	Completed	Notes
Day 36	■	
Day 38	■	
Day 40	■	
Day 42	■	

Week 7

Session Day	Completed	Notes
Day 43	■	
Day 45	■	
Day 47	■	
Day 49	■	

Week 8

Session Day	Completed	Notes
Day 50	■	
Day 52	■	
Day 54	■	
Day 56	■	

Week 9

Session Day	Completed	Notes
Day 57	■	
Day 59	■	
Day 61	■	
Day 63	■	

Week 10

Session Day	Completed	Notes
Day 64	■	
Day 66	■	
Day 68	■	
Day 70	■	

Week 11

Session Day	Completed	Notes
Day 71	■	
Day 73	■	
Day 75	■	
Day 77	■	

Week 12

Session Day	Completed	Notes
Day 78	■	
Day 80	■	
Day 82	■	
Day 84	■	

Week 13

Session Day	Completed	Notes
Day 85	■	
Day 87	■	
Day 89	■	
Day 91	■	

Week 14

Session Day	Completed	Notes
Day 92	■	
Day 94	■	
Day 96	■	
Day 98	■	

Week 15

Session Day	Completed	Notes
Day 99	■	
Day 101	■	
Day 103	■	
Day 105	■	

Week 16

Session Day	Completed	Notes
Day 106	■	
Day 108	■	
Day 110	■	
Day 112	■	

Progress Photo Guidelines

- Keep the same angles: front hairline, crown/top view, and temples if applicable.
- Use natural daylight at the same time of day.
- Avoid flash and overhead lights.
- Keep the phone at the same distance each time.

Recommended frequency: every 2 weeks (not daily).

Progress Photo Log

Date	Area	Lighting	Notes

Troubleshooting Checklist

- Using the cap every other day consistently
- Each session lasts 20 minutes
- Cap fits snugly against the scalp
- Scalp is clean and dry before sessions
- No skipped weeks
- Using gentle hair care products
- Taking standardized progress photos
- Aware of temporary early shedding phase
- Used consistently for at least 12 weeks
- Supporting overall health (sleep, diet, stress)