

Hairline Tracker

Is your hairline maturing or receding? Mirrors lie, photos do not. Take the same four photos once a month, fill in one row, and in a year you will know, with evidence you can show any doctor.

NAME

START DATE

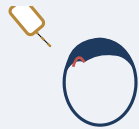
AGE

1 TAKE THE SAME 4 PHOTOS EVERY MONTH



Front

Eye level, arm's length. Hair pulled back, eyebrows relaxed.



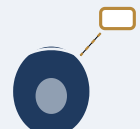
Left temple

Turn 45° right. Phone at temple height.



Right temple

Turn 45° left. Same distance as the left.



Top

Phone held above the head, looking straight down.

Same every time: same room, same light (daylight from a window, no flash), dry hair pulled straight back, no styling product, same distance. Save them in one phone album named "Hairline".

2 MEASURE TWO THINGS

Fingers above crease. Raise your eyebrows and find the highest forehead wrinkle. Relax, then lay fingers flat above it and count finger widths up to the middle of your hairline. A mature hairline usually sits about one finger width (1 to 1.5 cm) above the crease.

Temple depth, each side (0 to 3). Look at the corners in the temple photos.

0

none

1

slight, even

2

clear M

3

deep M

3 LOG IT

Mo.	Date	Photos front · L · R · top	Fingers above crease	Temple depth 0 to 3 each side	Notes (shedding, new medication, stress, illness)
01		□ □ □ □		L R	
02		□ □ □ □		L R	
03		□ □ □ □		L R	
04		□ □ □ □		L R	
05		□ □ □ □		L R	
06		□ □ □ □		L R	
07		□ □ □ □		L R	
08		□ □ □ □		L R	
09		□ □ □ □		L R	
10		□ □ □ □		L R	
11		□ □ □ □		L R	
12		□ □ □ □		L R	

WHEN TO GET IT CHECKED

- **Stable for 6+ months**, about 1 finger, depth 0 to 1: likely a mature hairline. Keep tracking.
- **Moved half a finger or more in 6 months**, or depth rising to 2: ask for a Tricho Test.
- **Itch, redness, lost eyebrows** or patches: see a dermatologist soon.



Free Hairline Check

Scan to send us your photos on WhatsApp. A doctor on our team replies, usually within 24 hours.

drterziler.com/hair-loss/basics/receding-hairline

Prepared by Dr. Servet Terziler, reviewed by Dr. Kürşat Yalvaç. For education only; not medical advice. Free to print and share with attribution.