



The Capsule Wardrobe: Wardrobe Diary Worksheet

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Instructions: Diarise and observe your outfits for two weeks (take photos!)

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
My outfit/s. (Describe or attach photos)							
What did I love?							
What didn't work well?							

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
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My outfit/s. (Describe or attach photos)						
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What did I love?						
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What didn't work well?						
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At the end of your two weeks, note your observations here.

1. My top favorite outfits were: _____
_____.

2. I loved wearing them because they were _____ and _____
_____ and they made me feel _____
when wearing them.

3. Things they had in common were _____ and _____
_____.

4. I didn't enjoy wearing these outfits _____
because they were _____ and _____
_____ and they made me feel _____
_____ when wearing them.

Use your observations to help guide you on what to detox or keep in your wardrobe, and what to look for the next time you shop!