

Service Speed Tracker

After Beauty School Workbook

Track your progress from school-level pace to professional speed. Focus on quality first, speed will improve naturally with consistent, deliberate practice.

Your Name: _____

Starting Week: _____

Instructions

- Time the entire service, including setup and cleanup.
- After each service, quickly note one thing that went well and one area to improve.
- Do not rush. Prioritize clean, consistent, high-quality results.
- Review your times at the end of each week and celebrate small improvements.

Service Log

Service Name	Date	Time Taken (min)	What Went Well	What Needs Improvement	Target Time Goal
Service 1 (e.g., Basic Facial)					
Service 2					
Service 3					
Service 4					

Weekly Summary

Week 1 Average Time: _____ minutes	Week 2 Average Time: _____ minutes
Week 3 Average Time: _____ minutes	Week 4 Average Time: _____ minutes

My Biggest Improvement This Week:

One Thing I Will Focus On Next Week:

Quick Tips

- Quality always comes before speed in your first years.
- Small, daily improvements compound into professional-level execution.
- Use this tracker to build awareness and avoid bad habits.
- Celebrate every bit of progress!