

The First-Wash Shrinkage Shield

A K5 Care Label Translation Template

Instructions: The most dangerous moment in a shirt's lifespan is its very first wash. Use this Knowledge-to-Action tool to translate the care label before water ever touches the fabric to lock in the original fit.

Phase 1: The Preservation Mandate

The single care-label rule that matters most for preserving this shirt's fit is:

(Write 1-2 sentences. Example: "I must avoid heat entirely because this 100% linen shirt will shrink in the sleeves if exposed to warm water.")

- **My Core Care Rule:**

• _____

Phase 2: The Label Extraction

Translate the specific washing, drying, and fabric data from the tag to protect the fibers:

1. Fiber / Fabric Type:

(Example: 100% Cotton, Linen, Wool blend, Rayon)

- **Fabric Composition:** _____

2. Maximum Water Temperature:

(Example: 30°C / Cold wash only)

- **Temperature Limit:** _____

3. Machine / Agitation Limit:

(Example: Gentle cycle, Hand wash only, or Normal)

- **Agitation Rule:** _____

4. Drying Restriction:

(Example: Do not tumble dry, Line dry in shade, Dry flat)

- **Drying Command:** _____

Phase 3: The Past-Failure Resonance

Which shirt in my closet shrank out of a tailored fit because I ignored the wash temperature on day one, and where exactly did it shrink?

- **The Ruined Shirt:**

• _____

- **The Shrinkage Point:**

Phase 4: The First-Wash Commitment

Based on the translated label and fabric type, my strict protocol for the crucial first wash is:

(Must be a verb-based, concrete action.)

- For the first wash only, I will: _____
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Phase 5: The First 3 Washes Log

Track the first three wash cycles using hard measurements (Collar, Chest, Sleeve Length, or Shirt Length) to ensure the garment fibers have safely locked into their final size.

Wash #	Date Washed	Wash/Dry Method Used	Target Measurement (e.g., Sleeve)	Pre-Wash (in/cm)	Post-Wash (in/cm)	Verdict
Wash 1						
Wash 2						
Wash 3						