



Name:

Date:




Track your practice & stretches and watch your progress.

REMEMBER: Practice does make progress! Keep going, it may take more than a few weeks but if you stay motivated, you'll get there!

Ultimate Goal: SPLITS



Take a photo on your first & last day of the week & send us your before & after photos!

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
STRETCH MORNING							
PRACTICE							
STRETCH EVENING							
FEELING...   							
NOTICE PROGRESS?							
Colour in a star if you managed 2 stretches and a practice by the end of the day.	