

The 7-Day "Check-In" Tracker

Sensation:

DAY 1:

Did I breathe through my nose?

☐

Where did I feel tight?

DAY 2:

Did I do the 10-minute flow?

☐

How is my energy now?

DAY 3:

Did I try a balance pose?

☐

Did I wobble? (It's okay!)

DAY 4:

Focus on flexibility.

☐

Did I use my modifications?

DAY 5:

Focus on back relief

☐

Does my spine feel taller?

DAY 6:

Full 12-pose flow.

☐

What felt "easier" today?

DAY 7:

Active Rest.

☐

What am I grateful for today?