

The 7-Day "Check-In" Tracker

Sensation:

DAY 1:

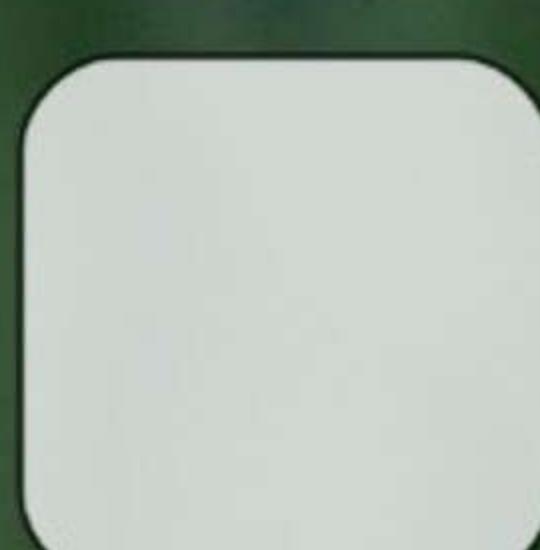
Did I breathe through my nose?



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:

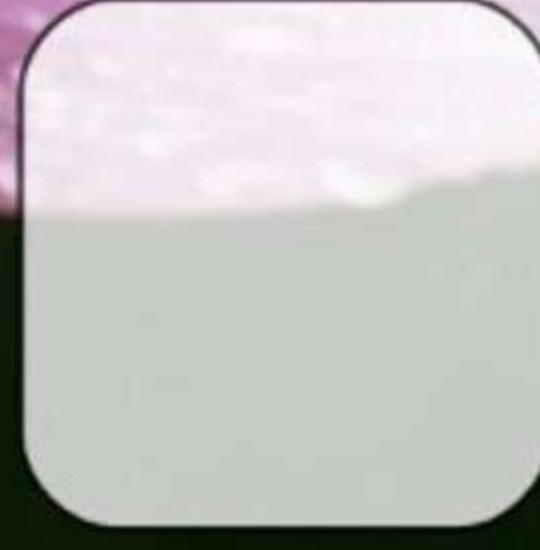
Focus on back relief



Does my spine feel taller?

DAY 6:

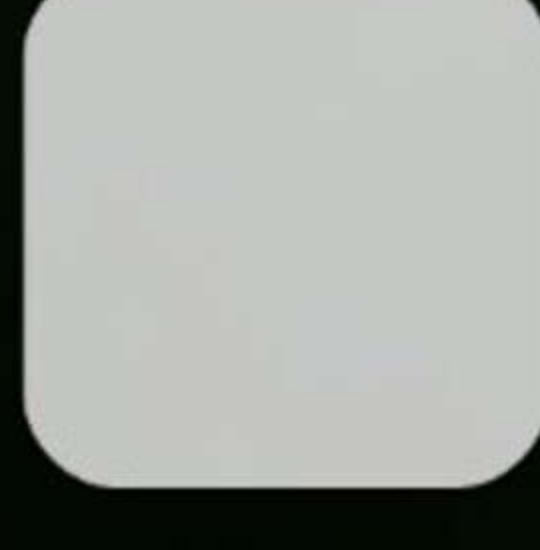
Full 12-pose flow.



What felt "easier" today?

DAY 7:

Active Rest.



What am I grateful for today?