

The Flexibility Challenge

Goals *Refer to the pose guide for goal inspiration and pose names.*

1	6
2	7
3	8
4	9
5	10

How many days per week will you commit to stretching?

1 2 3 4 5 6 7

What days will you commit to stretching?

Monday Tuesday Wednesday Thursday
 Friday Saturday Sunday

How many hours per week will you commit to stretching?

1 2 3 4

What time periods will you be stretching?

before breakfast after breakfast
 before lunch after lunch
 before dinner after dinner

Strengths & Weaknesses

You don't have to be a pro, what are you naturally good at? What do you need to work on the most?

Strengths left split right split upper back lower back
 backbends handstands pointed toes

Weaknesses left split right split upper back lower back
 backbends handstands pointed toes