



Petal & Paper

YOUR FREE PRINTABLE

30-day flexibility challenge tracker



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F L E X I B I L I T Y C H A L L E N G E

30-day tracker

Start date · ____ **Benchmark:** Hamstring: ____ Hip flexor: ____
Shoulders: ____

Days 1–5 · Daily stretch: 10 mins Foundation holds: ☐☐☐☐☐

Days 6–10 · Daily stretch: 12 mins Deeper holds (45s): ☐☐☐☐☐

Days 11–15 · Daily stretch: 15 mins Adding new areas: ☐☐☐☐☐

Days 16–20 · Daily stretch: 15 mins Hold times increasing:
☐☐☐☐☐

Days 21–25 · Daily stretch: 18 mins Testing benchmark poses:
☐☐☐☐☐

Days 26–30 · Daily stretch: 20 mins Final benchmark: ____
Improvement: ____

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