



Petal & Paper

YOUR FREE PRINTABLE

Stretching and flexibility log



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

stretching log

Baseline (week 1 measures)

Touch floor standing: ____cm from floor
Left split: ____° / Right split: ____°
Shoulder reach: ____cm Hip flexor tightness: 1–5
Overall flexibility rating: ____/10

Weekly stretching sessions

Session 1: Date ____ Duration ____ Areas: _____
Session 2: Date ____ Duration ____ Areas: _____
Session 3: Date ____ Duration ____ Areas: _____
Notes on tightness or improvement: _____

Month 1 progress

Touch floor: ____cm Change: ____
Hip flexor: ____/5 Change: ____
Consistency: ____ sessions / month
Main improvement: _____

Stretches I am working on

- _____ Target: _____
- _____ Target: _____
- _____ Target: _____