



Petal & Paper

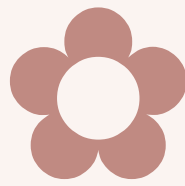
YOUR FREE PRINTABLE

Yoga and flexibility practice log



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Y O G A P R A C T I C E

practice log

Date · ____ Session type: flow ☐ yin ☐ restorative ☐ other: ____

Duration · ____mins Style / teacher: ____ Platform: ____

Focus area · Hips: ☐ Back: ☐ Shoulders: ☐ Balance: ☐ Core: ☐

Poses worked · _____

How I felt before · ____/5 After: ____/5 Mind: ____/5

Flexibility improvement noted · _____

Streak · ____ days consecutive Sessions this month: ____



T H E P R A C T I C E I S T H E R E W A R D

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