

# YOGA LOG

TODAY'S DATE

MUSIC

POSITION/S	TIME	DONE
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		<input type="radio"/>
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		<input type="radio"/>

GOAL/S FOR TODAY'S YOGA SESSION

# FAV. YOGA MUSIC

[illegible]

# YOGA PRACTICE JOURNAL

YOGA CLASS



TEACHER \_\_\_\_\_

LEVEL \_\_\_\_\_

YOGA STYLE \_\_\_\_\_

THEME/FOCUS \_\_\_\_\_

HOW I FELT BEFORE YOGA

HOW I FELT AFTER YOGA

REFLECTIONS ON MANTRA / QUOTE / INTENTION

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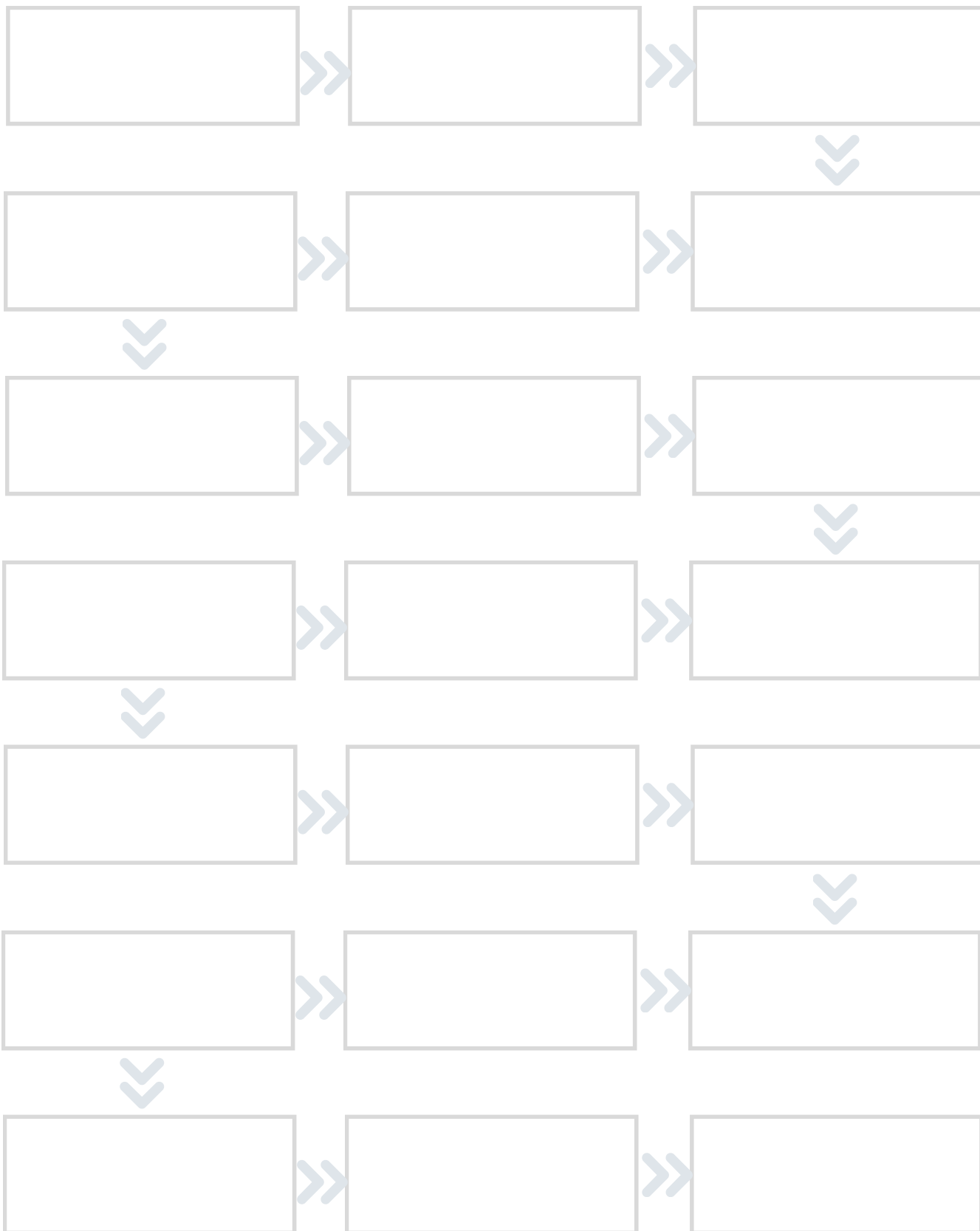
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FAVOURITE POSES / SEQUENCE / NOTES / WAYS TO IMPROVE

# YOGA SEQUENCE

START HERE



# YOGA ROUTINE

WEEK:

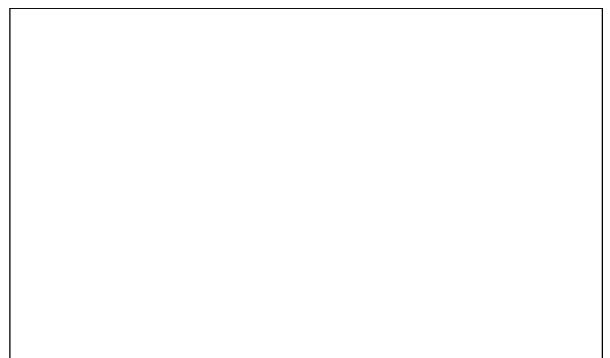
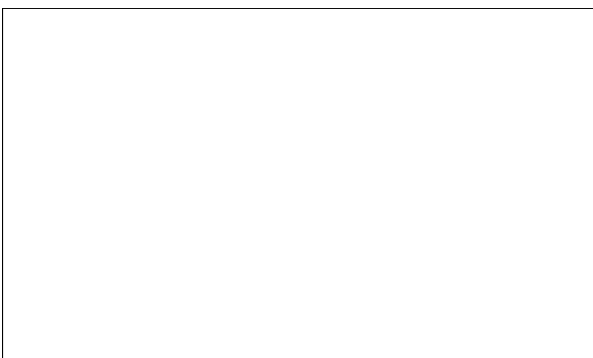
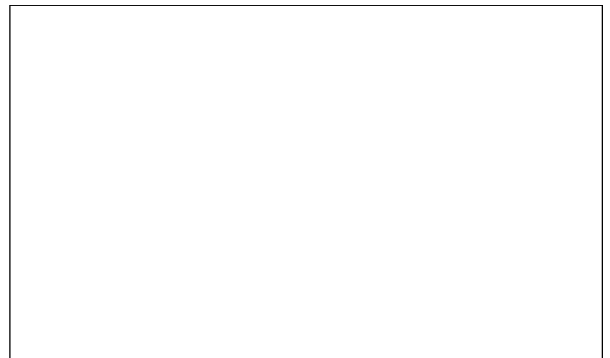
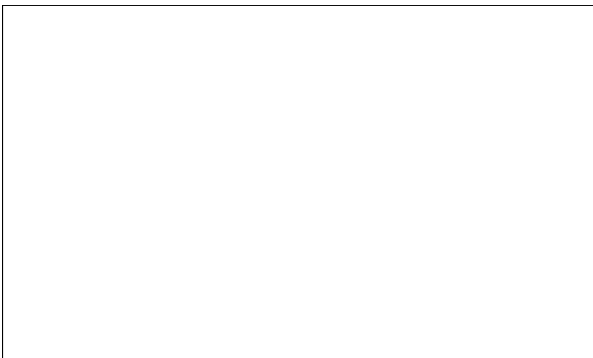
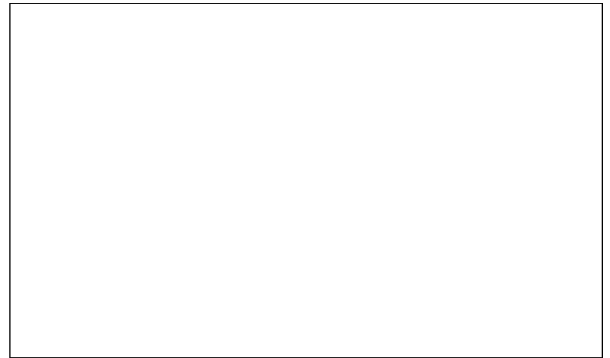
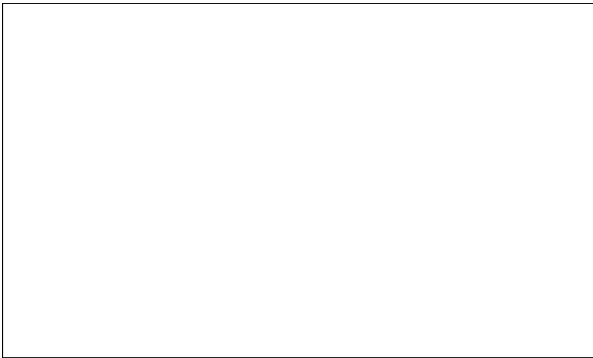
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<div>MONDAY</div>	<div>TUESDAY</div>	<div>WEDNESDAY</div>
<div>THURSDAY</div>	<div>FRIDAY</div>	<div>SATURDAY</div>
<div>SUNDAY</div>	<div>NOTES</div>	

# YOGA POSES

DATE:

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# YOGA JOURNEY

YOGA POSES I CAN DO REALLY WELL ALREADY

①

②

③

YOGA POSES I AM PRACTICING HARD TO PERFECT

①

②

③

YOGA POSE I CHALLENGE MYSELF



# MEDITATION

## MY MEDITATION GOAL

1

2

3

DATE

MY MEDITATION EXERCISE

TOTAL TIME





# FAV. MEDITATION MUSIC

[illegible]

# MEDITATION REFLECTION

M T W T F S S

DATE

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What area did I focus on?

Did I hear or see anything?

What did I come to realize?

How did it make me feel?

M T W T F S S

DATE

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What area did I focus on?

Did I hear or see anything?

What did I come to realize?

How did it make me feel?

# MEDITATION TRACKER

DAY	MEDITATION ACTIVITY	DURATION
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		
TOTAL MEDITATION TIME:		

# DAILY MINDFULNESS

WHAT CAN I SEE?

HOW DO I FEEL?

WHAT DO I SMELL?

WHAT CAN I HEAR?

NOTES

# DAILY GRATITUDE

Morning:

Date:

I am grateful for:

I'm looking forward to:

Daily Affirmations:

Evening:

Good things that happened today:

Things I can do to make tomorrow even better:

# WEEKLY REFLECTION

DATE

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*How Am I Feeling About This Week?*

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*What Went Well?*

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*I Need To Let Go Of ...*

*I am Proud Of ...*

*I Need To Do More Of ...*

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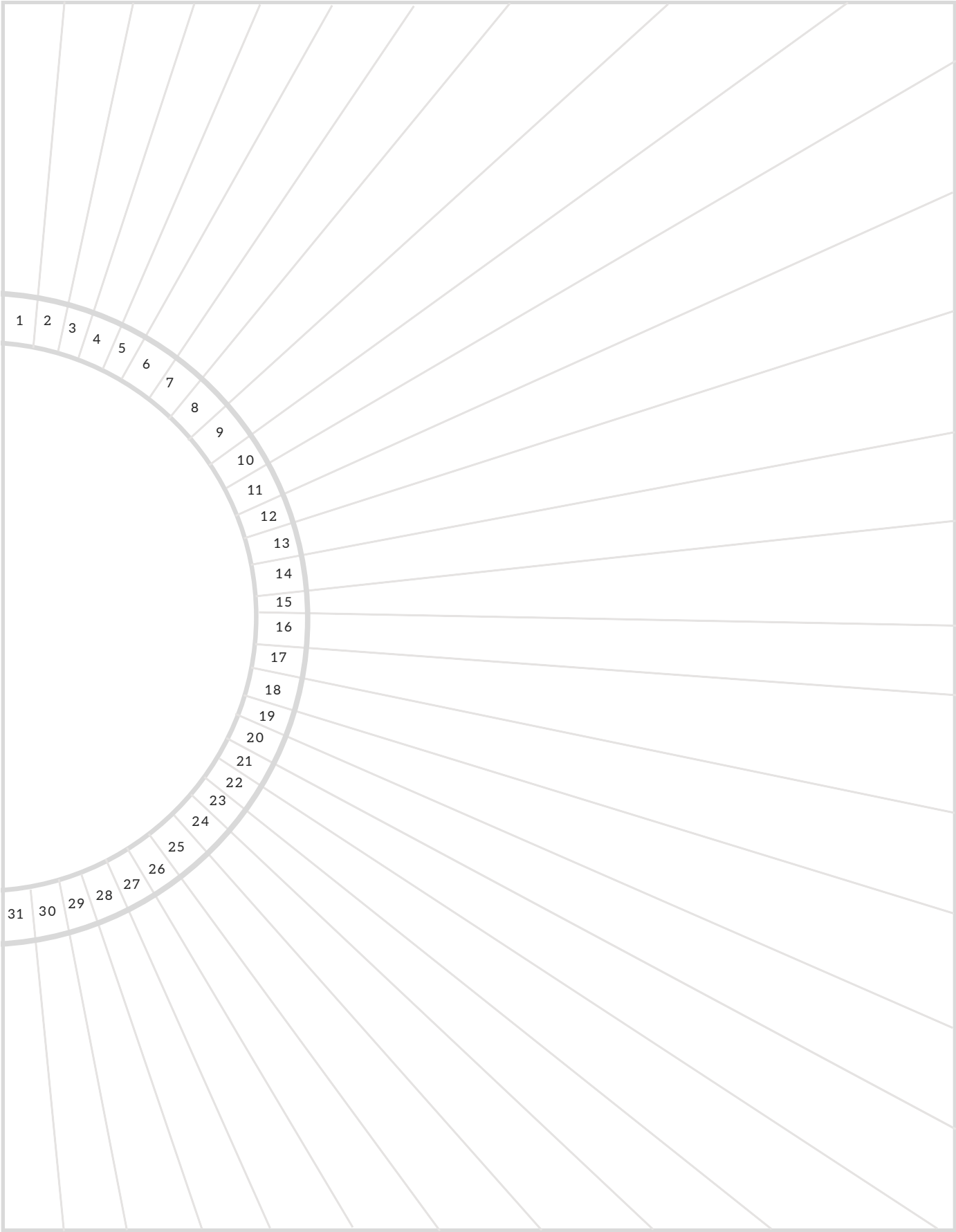
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# MONTHLY TRACKER

MONTH \_\_\_\_\_



# 10 AFFIRMATIONS

1. I AM ...

2. I AM ...

3. I AM ...

4. I AM ...

5. I AM ...

6. I AM ...

7. I AM ...

8. I AM ...

9. I AM ...

10. I AM ...



# HABIT TRACKER

MONTH \_\_\_\_\_

HABIT:						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

HABIT:						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

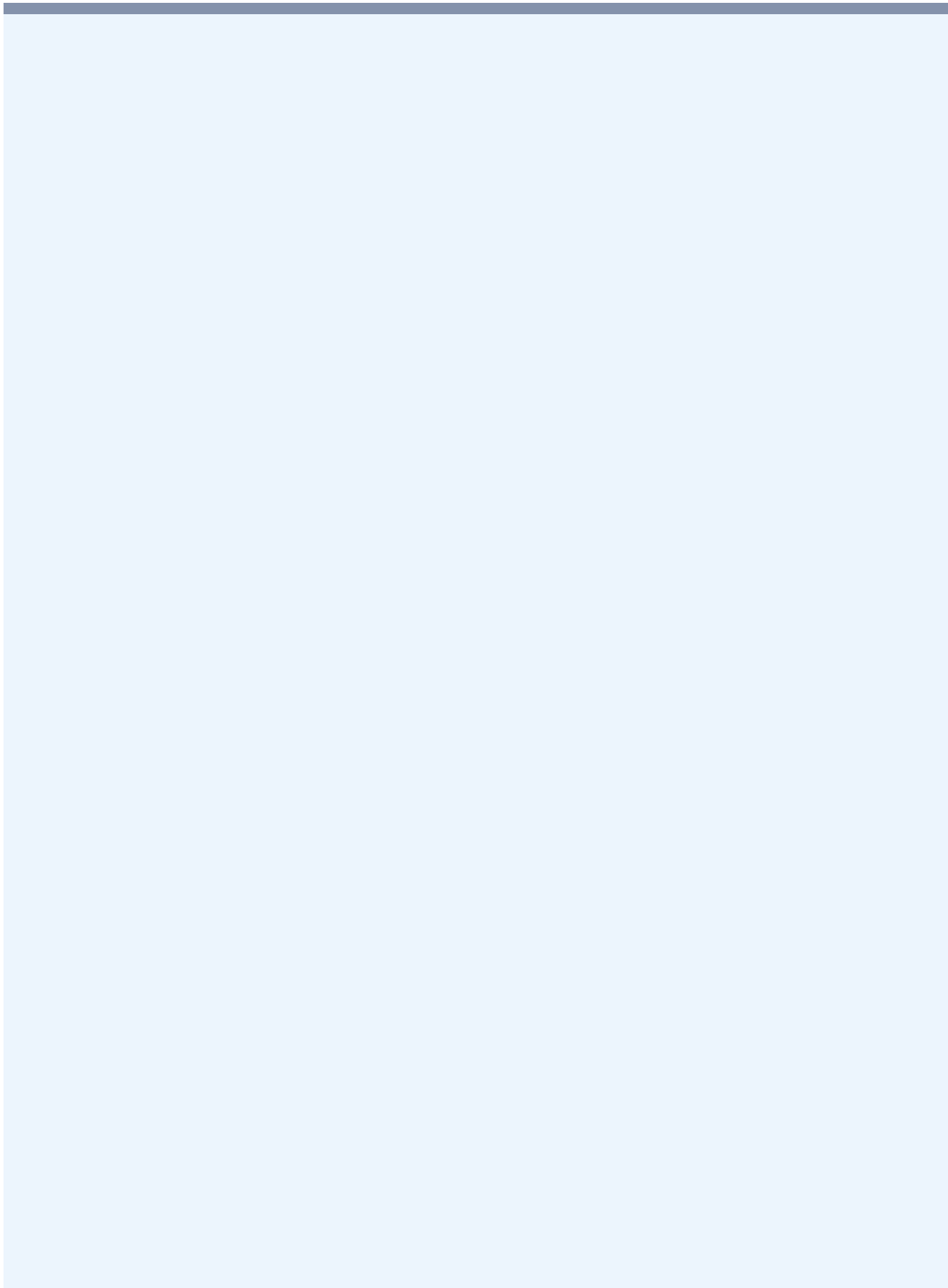
HABIT:						
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# DOODLE PAGE



# NOTES

