

YOGA LOG

TODAY'S DATE

MUSIC

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

GOAL/S FOR TODAY'S YOGA SESSION

FAV. YOGA MUSIC

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

FAVOURITE POSES / SEQUENCE /NOTES /WAYS TO IMPROVE

YOGA SEQUENCE

START HERE

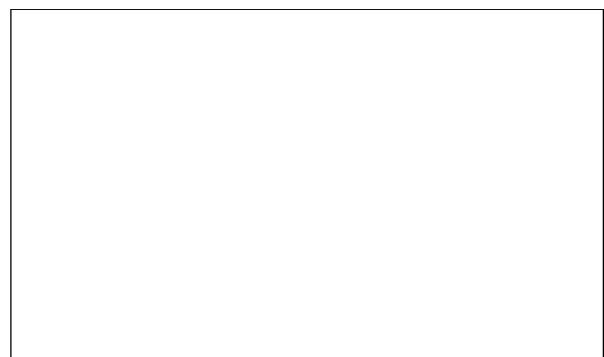
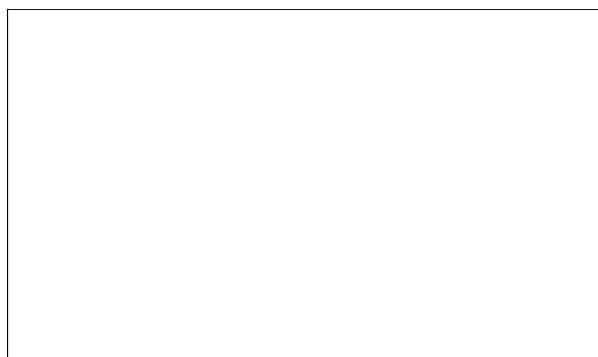
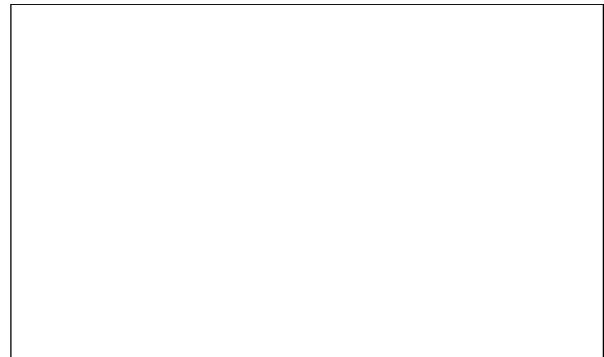
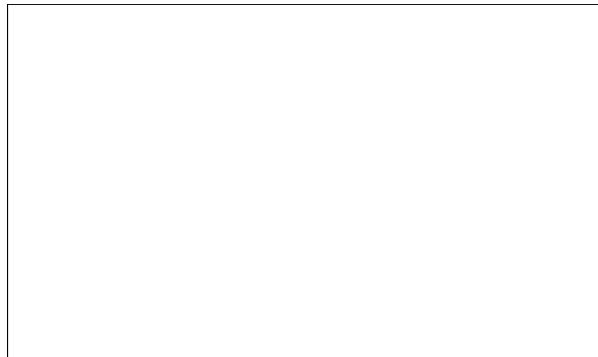
YOGA ROUTINE

WEEK:

MONDAY	TUESDAY	WEDNESDAY
THURSDAY	FRIDAY	SATURDAY
SUNDAY	NOTES	

YOGA POSES

DATE: _____



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
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FAV. MEDITATION MUSIC

MEDITATION REFLECTION

M T W T F S S

DATE

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

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

How Am I Feeling About This Week?

What Went Well?

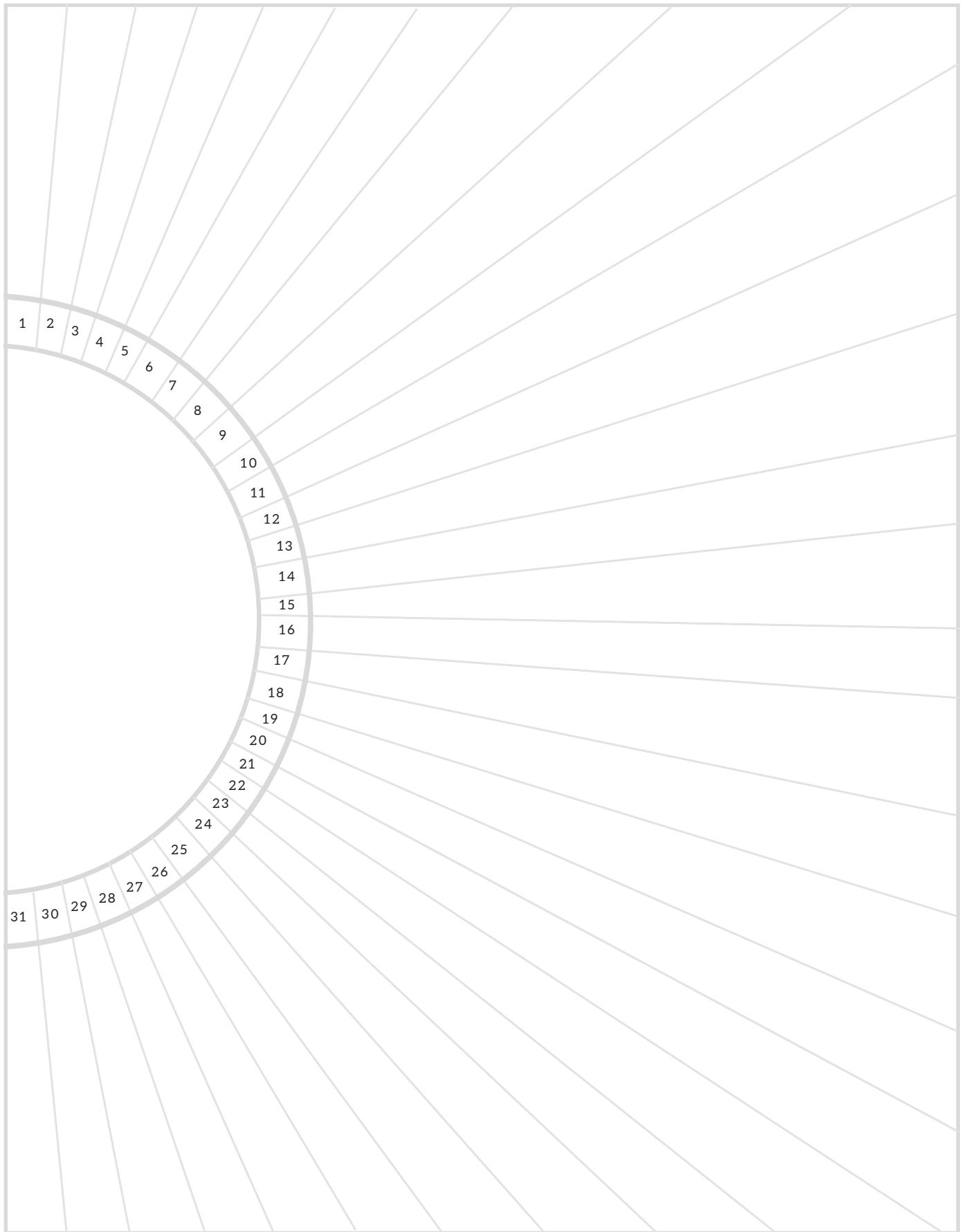
I Need To Let Go Of ...

I am Proud Of ...

I Need To Do More Of ...

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
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29	30	31				

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NOTES

