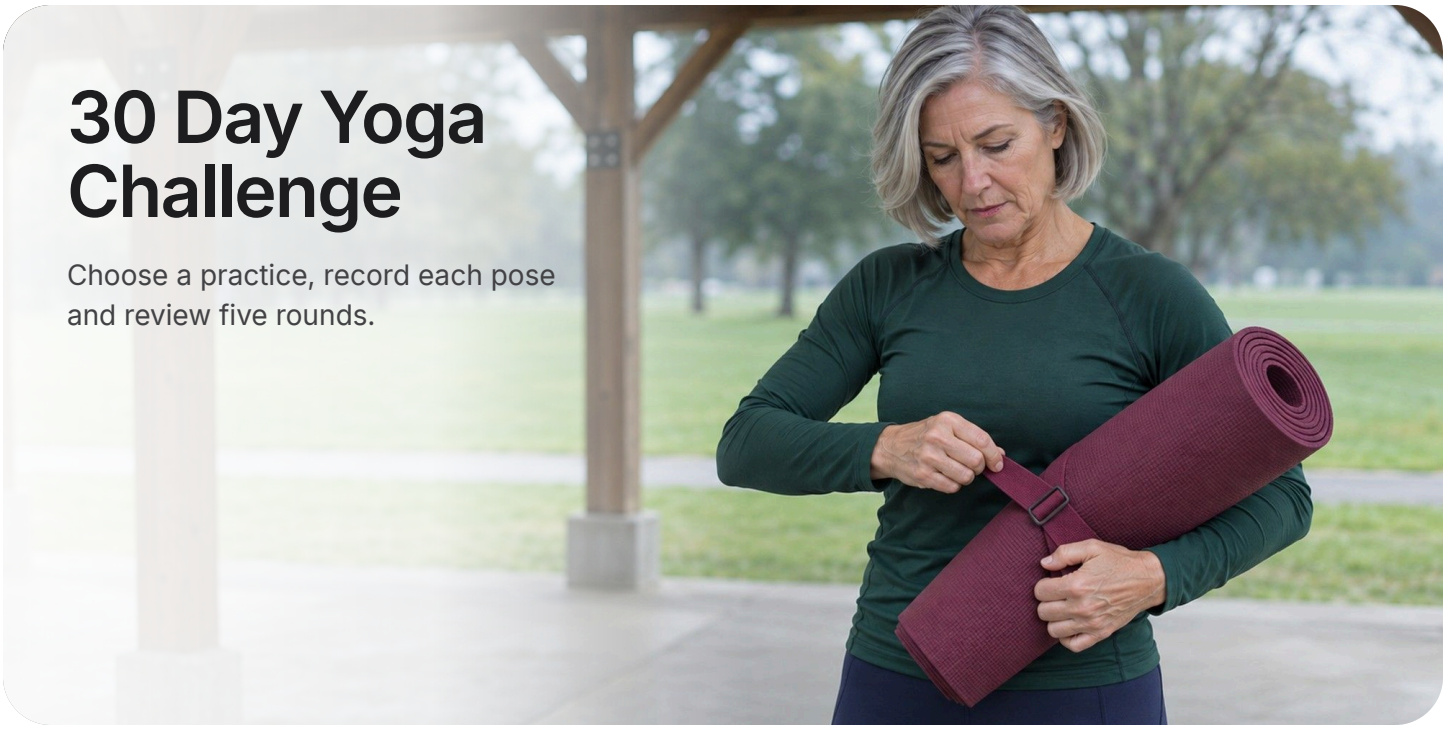
30 Day Yoga Challenge

Choose a practice, record each pose and review five rounds.



WHY IT HELPS

A 30 day yoga challenge gives you a month to record a familiar practice and notice how it changes. This printable has a pose planning page, five rounds of daily records and space for restore days. Write the pose versions and hold amounts from the practice you follow, then keep brief notes beside each round.

HOW TO USE IT

Plan	Choose your start date, practice time and pose versions.
Record	Use your own brief key for each pose on the five practice dates.
Restore	Write a note about rest or quiet practice on the sixth date.

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Keep pose names and the versions you use beside your notes.

Example: Dana's first round

Pose notes from day 1

Pose	Version or support	My note
Chair pose	Short bend	Held as planned
Tree pose	Fingertips at wall	Used wall throughout
Warrior II	Shorter stance	Held as planned
Low lunge	Back knee supported	Held as planned
Bridge pose	Small lift	Held as planned
Downward dog	Knees bent	Shorter hold

Round summary

Practice on days 1 to 5. Restore on day 6.

Next round

Keep the wall for tree pose.

My yoga practice plan

Start date and practice time

Pose choices

Pose	Version or support	Planned hold
Chair pose		
Tree pose		
Warrior II		
Low lunge		
Bridge pose		
Downward dog		

Closing pose or quiet pause

What I want to notice

Round 1 practice record

Days 1 to 5: use your own brief marking key.

Pose	1	2	3	4	5
Chair pose					
Tree pose					
Warrior II					
Low lunge					
Bridge pose					
Downward dog					

Day 6: restore, rest or quiet practice notes

Pose versions to keep or change

Round 2 practice record

Days 7 to 11: use your own brief marking key.

Pose	7	8	9	10	11
Chair pose					
Tree pose					
Warrior II					
Low lunge					
Bridge pose					
Downward dog					

Day 12: restore, rest or quiet practice notes

Pose versions to keep or change

Round 3 practice record

Days 13 to 17: use your own brief marking key.

Pose	13	14	15	16	17
Chair pose					
Tree pose					
Warrior II					
Low lunge					
Bridge pose					
Downward dog					

Day 18: restore, rest or quiet practice notes

Pose versions to keep or change

Round 4 practice record

Days 19 to 23: use your own brief marking key.

Pose	19	20	21	22	23
Chair pose					
Tree pose					
Warrior II					
Low lunge					
Bridge pose					
Downward dog					

Day 24: restore, rest or quiet practice notes

Pose versions to keep or change

Round 5 practice record

Days 25 to 29: use your own brief marking key.

Pose	25	26	27	28	29
Chair pose					
Tree pose					
Warrior II					
Low lunge					
Bridge pose					
Downward dog					

Day 30: restore, rest or quiet practice notes

Pose versions to keep or change

Yoga challenge review

Five round notes

Round	What became familiar	Version to keep

What I noticed during practice

My next plan

FOR MY NEXT APPOINTMENT

What I want to raise with my doctor or care team.