



10 Essential Postures Practice with _____

1. Write your name on the line above.
2. Write your start date and name of the pose you're practicing in the left hand column.
3. Write the time when you will do the 10 minute practice under the day in the top row .
4. Use 😊😐😞 or a scale of 1-10 to record your effort and general feeling about it in each box.
5. Write down questions, impressions and insights (use the back if you need more space.)
6. Save your form and submit it at the end of the practice for a sweet reward!

	day 1	day 2	day 3	day 4	day 5	day 6	day 7
#1							
#2							
#3							
#4							
#5							
#6							
#7							
#8							
#9							
#10							