



TRACKING SHEET

REASON I STRETCH: _____

GOAL I'M STRETCHING TO REACH: _____

WEEK 1	BENEFITS OF DAILY STRETCHING						
	1	2	3	4	5	6	7

WEEK 2	BE STILL: STATIC STRETCHING						
	8	9	10	11	12	13	14

WEEK 3	PUSH AND PULL: PASSIVE STRETCHING						
	15	16	17	18	19	20	21

WEEK 4	GOING THROUGH THE MOTIONS: DYNAMIC STRETCHING						
	22	23	24	25	26	27	28

TAKE A DEEP BREATH AND ENJOY THE

stretch