

Stretch & Flex Log

Goal: 12 days

Submit by 6/15/24

	<u>Date</u>	<u>Notes</u> (Optional)
Example:	5/3	Completed all!
	5/4	Lower body exercises only.
	5/5	Upper body exercises only.
	5/6	Did my own stretching program.
1)		
2)		
3)		
4)		
5)		
6)		
7)		
8)		
9)		
10)		
11)		
12)		

Notes (optional):