

STRENGTH

MONTH 02



1

☐ I watched the theme intro video



2

☐ I practiced the Pose of the Month



3

☐ I completed the Self Assessment

4

☐ I planned my yoga practices with the calendar



5

☐ I tracked my yoga practices for 30 days



Movement 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

Breath 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

Meditation 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