

- Use this calendar if you would like more accountability.
- You do not need to achieve a workout and a yoga everyday.
- Log what you do and have a big damn smile on your face when you do!
- You are doing more than most!

HABIT

GOAL

M T W T F S S

Eg.. Sets: x2 &/or Yoga: Relax						

Notes to self:

I am badass and...

Enjoy the journey...



Don't forget to track your long term progress for skills of your choice...

EXERCISE

SETS/REPS/TIMES

NOTES

Feel free to tag me in your story. I would love to see your progress...



Linktree*

