

# MORNING YOGA TRACKER

Week Of: \_\_\_\_\_ Goal: 15-30 Minutes Daily

Day	Focus / Sequence	Mins	Done
Monday	Sun Salutations (Surya Namaskar)		
Tuesday	Hip Opening & Flexibility		
Wednesday	Balance & Core Stability		
Thursday	Backbends & Heart Openers		
Friday	Strength & Vinyasa Flow		
Saturday	Restorative / Yin Yoga		
Sunday	Meditation & Gentle Stretch		

INTENTIONS & REFLECTIONS