
































# 30-Day Yoga Challenge

## Daily Practice – Personal Record

Date started: .....

 Day 1	 Day 2	 Day 3	 Day 4	 Day 5	 Day 6	 Day 7
 Day 8	 Day 9	 Day 10	 Day 11	 Day 12	 Day 13	 Day 14
 Day 15	 Day 16	 Day 17	 Day 18	 Day 19	 Day 20	 Day 21
 Day 22	 Day 23	 Day 24	 Day 25	 Day 26	 Day 27	 Day 28
 Day 29	 Day 30	 YAY!				

Celebrate getting on to your mat.  
Mark them off as you do them.  
Don't worry if you miss a day - try not to miss 2 in a row.  
Don't give up!