

Yoga Flexibility Progress Tracker

Welcome to your Flexibility Progress Tracker!

This guide is designed to help you track your progress as you work through the yoga series. By recording your flexibility and strength improvements, you can see how far you've come and stay motivated on your journey.

1. Initial Flexibility Assessment

Day 1: Initial Assessment

Pose	Can You Reach? (Yes/No)	Notes
Forward Fold		
Seated Forward Bend		
Downward Dog (heels down)		
Low Lunge (hip stretch)		
Bridge Pose (hip lift)		

2. Weekly Progress Tracker

After each week, revisit these poses and track your flexibility improvements.

Week	Pose	Can You Reach?	Notes
Week 1	Forward Fold		
Week 1	Seated Forward Bend		
Week 1	Downward Dog (heels down)		
Week 1	Low Lunge (hip stretch)		
Week 1	Bridge Pose (hip lift)		
Week 2	Forward Fold		
Week 2	Seated Forward Bend		
Week 2	Downward Dog (heels down)		

Week 2	Low Lunge (hip stretch)		
Week 2	Bridge Pose (hip lift)		

3. Flexibility Milestones

- Touching toes in forward fold
- Heels on the ground in downward dog
- Deep hip stretch in low lunge
- Lifting higher in bridge pose
- Improved back flexibility in camel pose

4. Reflection Section

Take a moment to reflect on how you're feeling after completing the yoga series. How has your flexibility improved? How has your body changed? Write down your thoughts and achievements.