



YOGA PLANNER

Actively  **Achieve**

YOGA LOG

TODAY'S DATE

MUSIC

POSITION/S	TIME	DONE
		☐
		☐
		☐
		☐
		☐
		☐

GOAL/S FOR TODAY'S YOGA SESSION

FAVORITE YOGA MUSIC

[illegible]

YOGA PRACTICE JOURNAL

YOGA CLASS



TEACHER _____

LEVEL _____

YOGA STYLE _____

THEME/FOCUS _____

HOW I FELT BEFORE YOGA

HOW I FELT AFTER YOGA

REFLECTIONS ON MANTRA / QUOTE / INTENTION

FAVORITE POSES / SEQUENCE / NOTES / WAYS TO IMPROVE

YOGA SEQUENCE

START HERE

YOGA ROUTINE

WEEK:

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

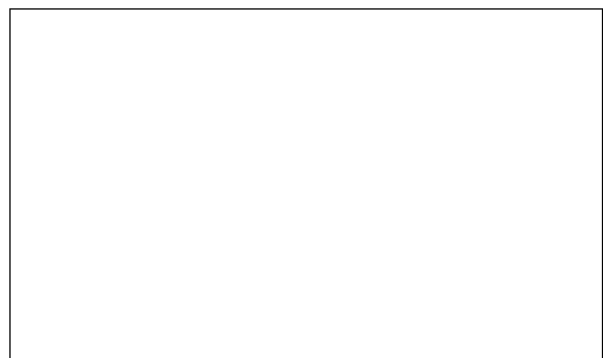
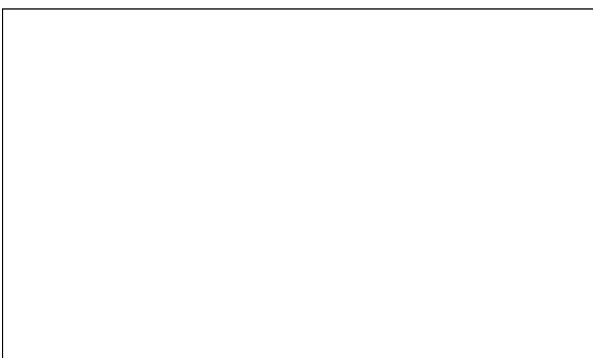
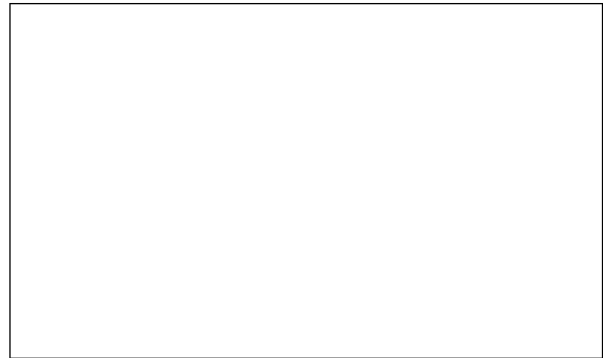
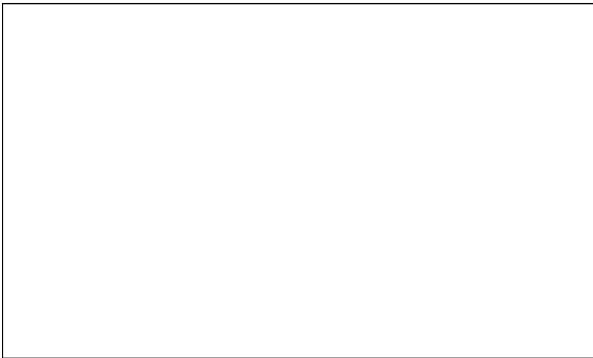
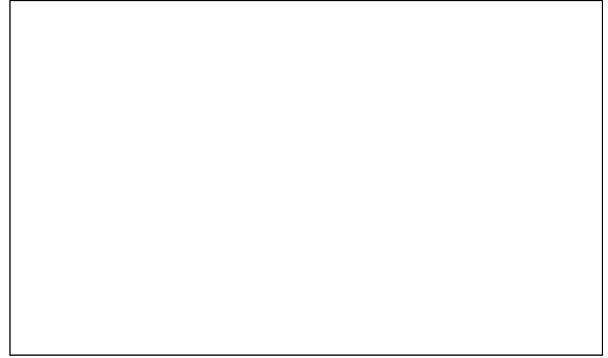
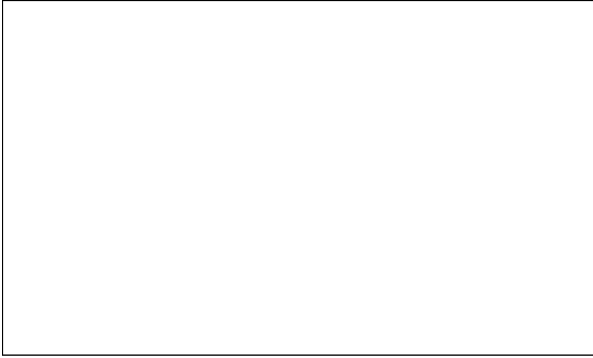
SATURDAY

SUNDAY

NOTES

YOGA POSES

DATE:



YOGA JOURNEY

YOGA POSES I CAN DO REALLY WELL ALREADY

①

②

③

YOGA POSES I AM PRACTICING HARD TO PERFECT

①

②

③

YOGA POSE I CHALLENGE MYSELF



MEDITATION

MY MEDITATION GOAL

1

2

3

DATE

MY MEDITATION EXERCISE

TOTAL TIME



FAVORITE MEDITATION MUSIC

[illegible]

MEDITATION REFLECTION

M T W T F S S

DATE _____

What area did I focus on?

Did I hear or see anything?

What did I come to realize?

How did it make me feel?

M T W T F S S

DATE _____

What area did I focus on?

Did I hear or see anything?

What did I come to realize?

How did it make me feel?

MEDITATION TRACKER

DAY	MEDITATION ACTIVITY	DURATION
MONDAY		
TUESDAY		
WEDNESDAY		
THURSDAY		
FRIDAY		
SATURDAY		
SUNDAY		
TOTAL MEDITATION TIME:		

DAILY MINDFULNESS

WHAT CAN I SEE?

HOW DO I FEEL?

WHAT DO I SMELL?

WHAT CAN I HEAR?

NOTES

DAILY GRATITUDE

Morning:

Date:

I am grateful for:

I'm looking forward to:

Daily Affirmations:

Evening:

Good things that happened today:

Things I can do to make tomorrow even better:

WEEKLY REFLECTION

DATE

How Am I Feeling About This Week?

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.....

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What Went Well?

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I Need To Let Go Of ...

I am Proud Of ...

I Need To Do More Of ...

.....

.....

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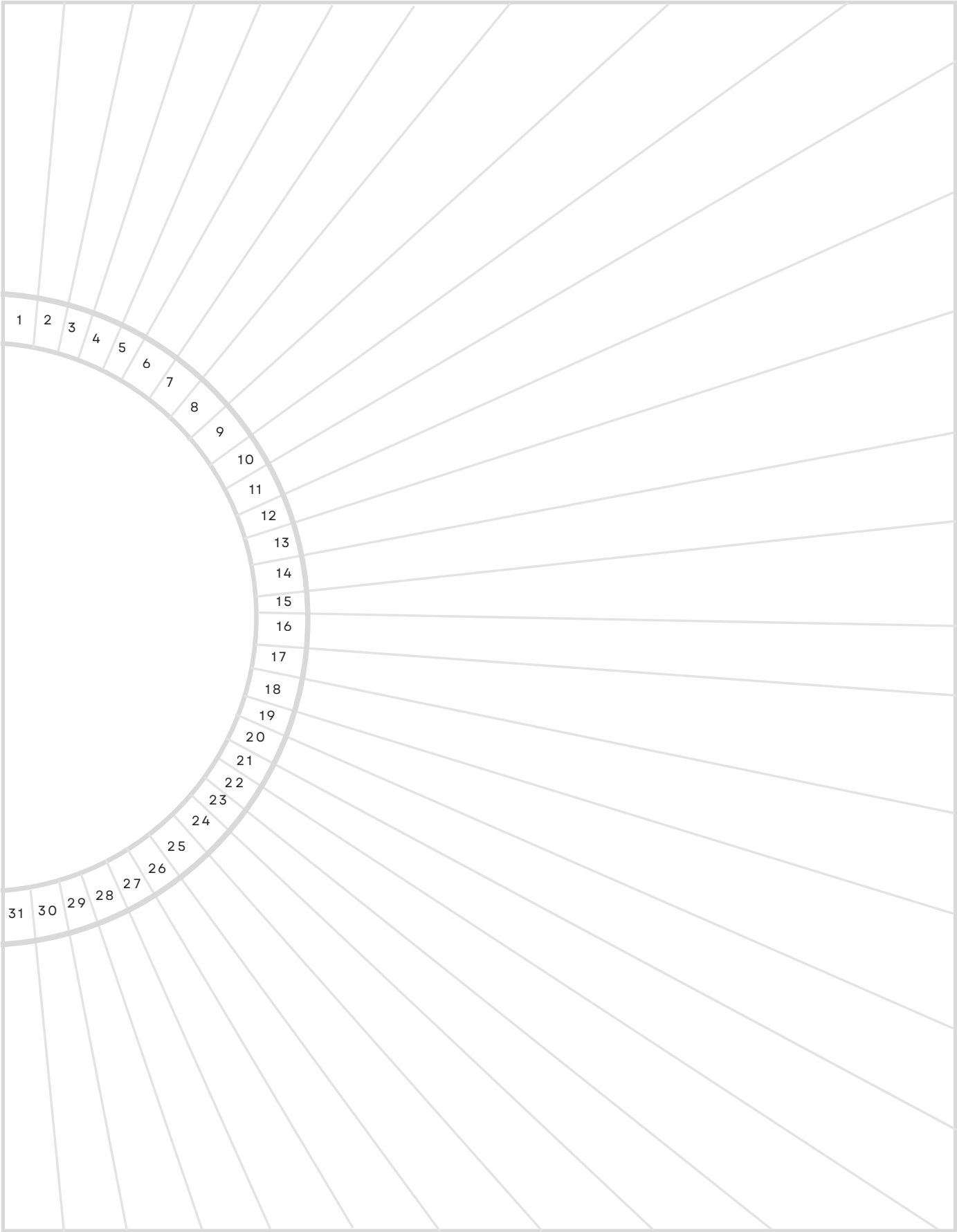
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MONTHLY TRACKER

MONTH _____



10 AFFIRMATIONS

1. I AM ...

2. I AM ...

3. I AM ...

4. I AM ...

5. I AM ...

6. I AM ...

7. I AM ...

8. I AM ...

9. I AM ...

10. I AM ...

HABIT TRACKER

MONTH _____

HABIT:

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	31				

HABIT:

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	31				

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8	9	10	11	12	13	14
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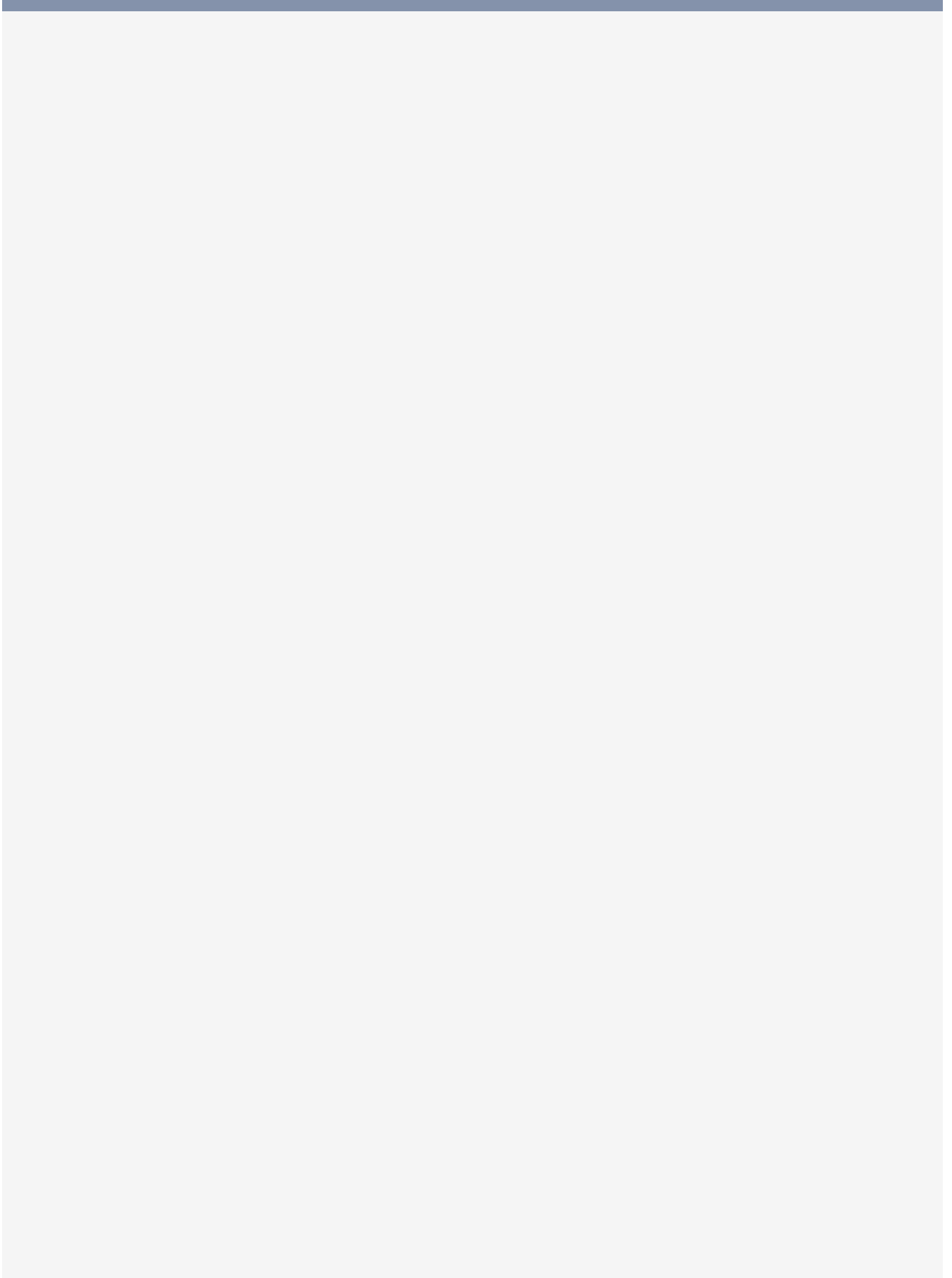
HABIT:

1	2	3	4	5	6	7
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NOTES

