

Yoga Form for Tracking At-Home Practice

Your Name _____

Directions: Track your practice of yoga moves you've learned by adding a □ for each day you complete a flexibility exercise.

| Exercise | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------------|--------|--------|---------|-----------|----------|--------|----------|
| Dragon stretch | | | | | | | |
| Cat stretch | | | | | | | |
| Twisting dragon | | | | | | | |
| Pretzel | | | | | | | |
| Lying Twist | | | | | | | |
| Cobra Backbend | | | | | | | |

You can find other ideas for keeping flexible by using other cards from *Yoga Pretzels* (Barefoot Books, 2005). Here are a couple of websites that give you more information, too!

www.kidsrunning.com will give you some additional important information about how to stretch before you run. www.practice.com will give you a chart of 20 stretches you can do. You simply fill out the form, which includes the version you want to have emailed to you!