

GUYOGA PROGRESS TRACKER: EVERYDAY FITNESS

WEEK	FLEXIBILITY	MOBILITY	STRENGTH	POSTURE	JOINTS	ENDURANCE	ENERGY	SLEEP	BREATHING	LIFESTYLE	WEEKLY TOTAL
Week 1											
Week 2											
Week 3											
Week 4											
Week 5											
Week 6											
Week 7											
Week 8											

RATE EACH AREA 1-10 1=WORST 10=BEST

Guyoga Progress Tracker Chart

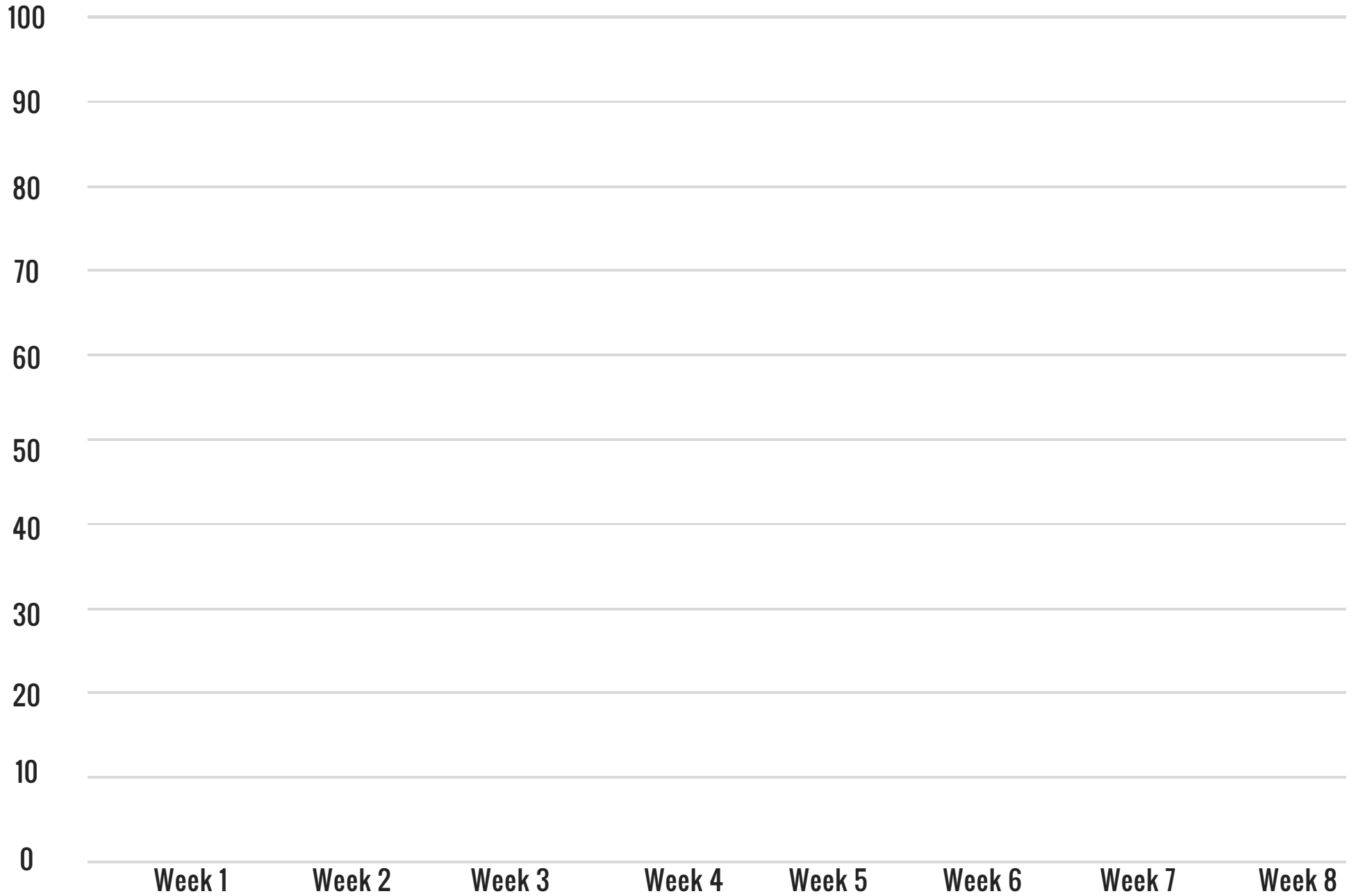


CHART YOUR PROGRESS USING YOUR WEEKLY TOTALS

RATE EACH AREA 1-10

1=WORST 10=BEST

GUYOGA PROGRESS TRACKER

Fitness Performance

WEEK	OVERALL PERFORMANCE	MUSCLE ACTIVATION	MOTOR CONTROL	RECOVERY TIME (1-SLOW 10-FAST)	WEEKLY TOTAL
Week 1					
Week 2					
Week 3					
Week 4					
Week 5					
Week 6					
Week 7					
Week 8					

Guyoga Progress Tracker Chart- Fitness performance

50

40

30

20

10

0

Week 1

Week 2

Week 3

Week 4

Week 5

Week 6

Week 7

Week 8

CHART YOUR PROGRESS USING YOUR WEEKLY TOTALS