



# SUN SALUTATION

## Practice Tracker



Week of: \_\_\_\_\_

### SUN SALUTATION A

1. Mountain Pose    2. Forward Fold    3. Half Lift    4. Plank    5. Cobra    6. Downward Facing Dog    7. Forward Fold    8. Mountain Pose

### SUN SALUTATION B

1. Chair Pose    2. Forward Fold    3. Half Lift    4. Plank    5. Cobra    6. Downward Facing Dog    7. Warrior I (Right)

8. Plank    9. Cobra    10. Downward Facing Dog    11. Warrior I (Left)    12. Forward Fold    13. Chair Pose    14. Mountain Pose

DATE	SUN SAL A ROUNDS	SUN SAL B ROUNDS	TOTAL ROUNDS	ENERGY BEFORE (1-10)	ENERGY AFTER (1-10)	NOTES

**ENERGY SCALE GUIDE**

Low Energy ← 1 2 3 4 5 6 7 8 9 10 → High Energy

**WEEKLY REFLECTION**

What did I notice this week? \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Biggest win this week: \_\_\_\_\_  
 \_\_\_\_\_

**INTENTION FOR NEXT WEEK**

\_\_\_\_\_  
 \_\_\_\_\_

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CONSISTENCY OVER PERFECTION. *Show up for you.* ♥