



30 DAY CHALLENGE TRACKER

When you start something new, it can take 30 days to start a habit and get comfortable with the practice. Hang this sheet on your fridge or in another spot you'll see each day, and fill it in as you go throughout your month to track your progress! In the last column, you can use your own notes in any way that works for you (happy/sad face, scale of 1-10, a quick description). You can use this for meditation, guided relaxation, your workouts, or anything you want! Go to the Get Your Life Together Yoga website for more ideas and ways to use this sheet!

GET YOUR LIFE TOGETHER

— Y O G A —

This Month's Goal: _____

www.getyourlifetogetheryoga.com/tracker

DAY	DONE?	MINS	HOW DID IT FEEL?
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			

DAY	DONE?	MINS	HOW DID IT FEEL?
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			