

THE YOGA PRACTICE PLANNER



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COMPANION ON AND
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Goal Setting Worksheet

Instructions: Write your goal in the space provided. Use the checklist to track your progress.

Goal	Start Date	End Date	Progress

What did I do today?

Journaling

Practice Reflection

Monthly Planner

INSPIRATION	MON	TUE	WED	THUR	FRI	SAT	SUN

Planner Yoga Practice

Chao Zhang



Planner Yoga Practice:

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