



Daily Tracker

Exercises for the week

| | Mon | Tues | Wed | Thurs | Fri | Sat | Sun |
|------------|-----|------|-----|-------|-----|-----|-----|
| Exercise 1 | | | | | | | |
| Exercise 2 | | | | | | | |
| Exercise 3 | | | | | | | |

Example

| |
|--|
| ✓ AM |
| PM |
| ✓ As it Happened |
| Notes Spent 5 minutes on exercise 1 and found some interesting tension in my lower back |

Monday

| |
|----------------|
| AM |
| PM |
| As it Happened |
| Notes |

Tuesday

| |
|----------------|
| AM |
| PM |
| As it Happened |
| Notes |

Wednesday

| |
|----------------|
| AM |
| PM |
| As it Happened |
| Notes |

Thursday

| |
|----------------|
| AM |
| PM |
| As it Happened |
| Notes |

Friday

| |
|----------------|
| AM |
| PM |
| As it Happened |
| Notes |

Saturday

| |
|----------------|
| AM |
| PM |
| As it Happened |
| Notes |

Sunday

| |
|----------------|
| AM |
| PM |
| As it Happened |
| Notes |