

Date:	Week 1						
EXERCISES List out the exercises you'll focus on for this round.	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Remember: <ul style="list-style-type: none"> • Perform each exercise once (per side) • Start with a light whole body warmup of 5 - 10 min • Break up the exercises if you need to • Do it DAILY for at least 2 weeks, then you can cut back to 2 - 3 times/week 1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____ 7. _____	Week 2						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Week 3						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Week 4						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Week 5						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Week 6						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
FINISHED YOUR DAILY STRETCHES? GREAT JOB!							

Six-Week Compliance Score: _____ %

Mark each day you complete your routine. Two missed days = 95% compliance. Four missed days = 90%. Less than 90% means you need to tighten it up a bit.