

My Joint Yoga Log book

For each week, tick off the days you watch and do the Yoga activity. This will help you to stay on track and remember which weekly video you should watch. Keep it somewhere noticeable to help serve as a reminder!

WEEK BEGINNING...	MY JOINT YOGA WEEK #	MON	TUES	WED	THUR	FRI	SAT	SUN
5/10/2018	Week 1						✓	✓
	Week 2							
	Week 3							
	Week 4							
	Week 5							
	Week 6							
	Week 7							
	Week 8							
	Week 9							
	Week 10							
	Week 11							
	Week 12							



