



BASELINE GOALS

I Respect My Body Tracking Sheet

MONTH:

INSTRUCTIONS:
 When choosing how to move: Take a deep breath, put your hand on your heart and ask your body: *"What way of moving would feel best for you today? Is it higher energy or lower energy?"*
 Don't judge what she wants. This isn't about YOU. It's about respecting her needs, giving back and thanking her with some movement love.

- HIGH ENERGY OPTIONS:**
 Cardio (mp3s)
 Wildly Alive Workouts
 Bootcamp classes
 Elliptical
 Running
 Power Yoga
 Dancing in the living room

- LOW ENERGY OPTIONS:**
 Stretch Video
 PMS Yoga
 Hatha/Restorative Yoga
 Pilates
 Relaxing Walk

SUN	MON	TUE	WED	THU	FRI	SAT

Baseline Met?

- Yes
- Getting There
- Yes
- Getting There
- Yes
- Getting There
- Yes
- Getting There

IN EACH BOX WRITE:
 How did you move & why? How did she like it/what did you learn? Are you proud of her?