

Name: _____

One word mantra: _____

Start date to end date: _____

Resources for Stretching Videos:

- Yoga Class: <https://youtu.be/CoQLs1oHgmE>
- Guided Stretching while Standing: <https://www.youtube.com/watch?v=KC7ehB5h6Wc>
- Guided Stretching while Sitting: <https://www.youtube.com/watch?v=Bh7SUNEmOVE>
- Guided Stretching on the Floor: <https://www.youtube.com/watch?v=SOYJvsA2kaE>

30-day Stretch Challenge

 Try stretching at different times of day to see when it feels best for you.	DAY 1 <input type="checkbox"/> 5-MIN. STRETCH	DAY 2 <input type="checkbox"/> 5-MIN. STRETCH	DAY 3 <input type="checkbox"/> 5-MIN. STRETCH	DAY 4 <input type="checkbox"/> 5-MIN. STRETCH	DAY 5 <input type="checkbox"/> 5-MIN. STRETCH	DAY 6 <input type="checkbox"/> 5-MIN. STRETCH	DAY 7 <input type="checkbox"/> 5-MIN. STRETCH
	DAY 8 <input type="checkbox"/> 5-MIN. STRETCH	DAY 9 <input type="checkbox"/> 5-MIN. STRETCH	DAY 10 <input type="checkbox"/> 5-MIN. STRETCH	DAY 11 <input type="checkbox"/> 5-MIN. STRETCH	DAY 12 <input type="checkbox"/> 5-MIN. STRETCH	DAY 13 <input type="checkbox"/> 5-MIN. STRETCH	DAY 14 <input type="checkbox"/> 5-MIN. STRETCH
 When the weather permits, do your stretch outside!	DAY 15 <input type="checkbox"/> 5-MIN. STRETCH	DAY 16 <input type="checkbox"/> 5-MIN. STRETCH	DAY 17 <input type="checkbox"/> 5-MIN. STRETCH	DAY 18 <input type="checkbox"/> 5-MIN. STRETCH	DAY 19 <input type="checkbox"/> 5-MIN. STRETCH	DAY 20 <input type="checkbox"/> 5-MIN. STRETCH	DAY 21 <input type="checkbox"/> 5-MIN. STRETCH
 Notice where you are holding tension and breath into that area while you stretch.	DAY 22 <input type="checkbox"/> 5-MIN. STRETCH	DAY 23 <input type="checkbox"/> 5-MIN. STRETCH	DAY 24 <input type="checkbox"/> 5-MIN. STRETCH	DAY 25 <input type="checkbox"/> 5-MIN. STRETCH	DAY 26 <input type="checkbox"/> 5-MIN. STRETCH	DAY 27 <input type="checkbox"/> 5-MIN. STRETCH	DAY 28 <input type="checkbox"/> 5-MIN. STRETCH
 Pick a one-word mantra to focus on while stretching, like RELEASE OF CALM.	DAY 29 <input type="checkbox"/> 5-MIN. STRETCH	DAY 30 <input type="checkbox"/> 5-MIN. STRETCH					

Email tracking sheet to Stephane.Phillips@charlottecountyfl.gov