

Hypermobility Starter Kit Tracker



DATE:

Use this tracker as a visual to check in with your body before the sessions. Mark or comment on the issues in the first column and note any changes in the notes column. Try all 5 or take more time if you need!



Monday Spine Foundations

- Sleep
- Hydration
- Pain
- Mood

Notes:

Tuesday Quadruped/Seated

- Sleep
- Hydration
- Pain
- Mood

Notes:

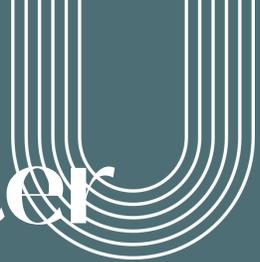
Wednesday- Lower Body

- Sleep
- Hydration
- Pain
- Mood

Notes:



Hypermobility Starter Kit Tracker



DATE:

Thursday-Upper Body

Sleep
Hydration
Pain
Mood

PACE

YOURSELF

Notes:

Friday-Full Body

Sleep
Hydration
Pain
Mood

Notes:

Favorite Day Exercise

Hardest Day/Exercise



Self awareness is the first step towards greatness. Next, stay consistent and persistent in your efforts. and know that you will make small progress over time! Well done!