

My Flexibility Exercise Diary

NOTE: Record time (seconds) position held and number of repetitions completed.

Date:

Week:

		Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Upper body	Neck rotations							
	Upper back stretch							
	Upper body twist							
Lower body	Calf stretch							
	Quad stretch							
	Hamstring stretch							
	Seated: Calf stretch (toe flexing)							

Keep track of your progress