

Yoga Score Sheet: Tracking Your Progress for a Balanced Practice

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Name: _____

Date: _____

1. Asana Tracking

Asana (Pose)	Flexibility (1-5)	Strength (1-5)	Balance (1-5)	Duration (Sec/Min)	Comfort Level (1-5)
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____

2. Pranayama (Breathing Exercises) Tracking

Pranayama Technique	Duration (Minutes)	Breath Control (1-5)	Notes/Reflections
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

3. Meditation Tracking

Meditation Type	Duration (Minutes)	Mental State Before (1-5)	Mental State After (1-5)	Significance
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

4. Wellness Reflection

Wellness Area	Rating (1-5)	Notes/Reflections
_____	_____	_____

Energy Levels	_____	_____
Stress Reduction	_____	_____
Emotional Balance	_____	_____

Weekly/Monthly Review:

Take a moment to reflect on your progress. What improvements have you noticed? What areas do you want to focus on next?

New Goals for Next Week/Month:

1.

2.

3.

Signature: _____

