



MY GOAL

30 DAYS OF YOGA

A new yoga video every day for a full month, learning the basics.

RESOURCES: Yoga with Adriene is a 30 day challenge with a new video each day. Sign up for the daily video to be emailed.

SUGGESTED GOAL PAIRINGS: Eat Healthy - Drink Water - 3 Day Smoothie Cleanse

PROGRESS: For each day you complete your yoga practice, color in the box.

TRUE

30 DAY YOGA JOURNEY

SIGN UP FOR DAILY EMAIL AT YWATRUE.COM AND SUBSCRIBE TO THE YOGA WITH ADRIENE YOUTUBE CHANNEL	ORIENTATION DAY	DAY 1 MOTIVE	DAY 2 TRUST	DAY 3 STRETCH	DAY 4 FLOOR	DAY 5 HIGH
	DAY 6 KINDLE	DAY 7 SALUD	DAY 8 SALVE	DAY 9 OPEN	DAY 10 DETOX	DAY 11 SOFTEN
	DAY 12 CENTER	DAY 13 STRENGTH & HARMONY	DAY 14 LISTEN	DAY 15 BELIEVE	DAY 16 SELF LOVE	DAY 17 CHARISMA
	DAY 18 SURRENDER	DAY 19 THOUGHT	DAY 20 AWAKEN	DAY 21 FINESSE	DAY 22 RELEASE	DAY 23 BALANCE
	DAY 24 BE KIND	DAY 25 BE AWAKE	DAY 26 BE STILL	DAY 27 BE FREE	DAY 28 BE FEARLESS	DAY 29 BE BRAVE
DAY 30 BE YOU	# YWATRUE YOGAWITHADRIENE.COM					