FolarraStudio

Flexibility Tracker

stretch · breathe · open

PRINTABLE · ROUTINES, MEASURES & PROGRESS

This Tracker Belongs To

for anyone working on mobility and flexibility

NAME _____

STARTED ON _____

GYM / STUDIO _____

COACH _____

GOAL _____

How to use this tracker

- Print the whole planner once, then print extra copies of the pages you use most, such as the Routine and Daily pages.
- Print at 100% / Actual size on A4 or US Letter paper. The printable pages have a white background to save ink.
- Hole-punch the pages and keep them in a binder, so you can add pages any time.
- Every page is undated, so you can start in any month of any year.
- Stretch a little every day, measure once a month and watch your range grow.
- Digital planner: open the hyperlinked PDF in any PDF annotation app and tap the tabs to jump between sections.

My training word

Why I stretch

Contents

tap a title in the digital planner to jump to it

Routine 4

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Stretch Routine

your daily flow

STRETCH	HOLD	SIDES	NOTES
Hamstrings			
Hip flexors			
Quads			
Calves			
Chest			
Shoulders			
Back			
Neck			

Daily Stretch Tracker

tick each day

WEEK	MON	TUE	WED	THU	FRI	SAT	SUN	MINUTES
Week 1								
Week 2								
Week 3								
Week 4								
Week 5								
Week 6								
Week 7								
Week 8								
Week 9								
Week 10								
Week 11								
Week 12								

Flexibility Measures

test monthly

DATE	TOE REACH	SPLIT L	SPLIT R	SHOULDER	NOTES

Flexibility Goals

poses to reach

GOAL POSE	START	NOW	REACHED
			☐
			☐
			☐
			☐
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			☐

Body Notes

tight spots and wins

DATE	NOTE

Progress Photos

stick or sketch

1

Start

2

Month 1

3

Month 2

4

Month 3

Notes



FolarraStudio

Thank you!

Thank you for choosing FolarraStudio. I hope this tracker makes everyday life a little calmer and more organized. If you enjoy it, tell a friend about folarrastudio.com.

Terms of use

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- Colors may look slightly different on screen and on paper.
- Questions or ideas? Write to me through folarrastudio.com, I am happy to help.

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