

# Spring Quest Growth Tracker *bloom where you're planted*

## yoga~0

Step Zero  
3-part yoga

- breath*
- goals*

## yoga~1

Step 1

- learn*
- flow*

### Water

64 oz

- 
- 

## yoga~2

Step 2

- learn*
- flow*

### Water

64 oz

- 
- 

## yoga~3

Step 3

- learn*
- flow*

### Water

64 oz

- 
- 

## yoga~4

Step 4

- learn*
- flow*

### Water

64 oz

- 
- 

## yoga~5

Step 5

- learn*
- flow*

### Water

64 oz

- 
- 

## yoga~6

Step 6

- learn*
- flow*

### Water

64 oz

- 
- 

### Affirmation

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\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Sleep

7-9 hours

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### Nutrition

- veggies
- fruits
- protein
- oils/fats
- unprocessed
- portions
- meal times
- tracking

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### Intention / Goals

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Cardio

20-40 minutes

- 10  10  10  10

### Cardio

20-40 minutes

- 10  10  10  10

### Cardio

20-40 minutes

- 10  10  10  10

### Gratitude

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Play

- adventure
- creative
- connection

### Play

- adventure
- creative
- connection

### Peace

- affirmation
- meditation
- gratitude
- review
- plan ahead



*Bloom*  
WHERE YOU'RE  
*planted*