

AYURYOGAHEAL

21-Day Yoga Self-Practice Journal

A Simple Guide to Building a Consistent Yoga Practice

By Ayuryogaheal

MIND. BODY. BALANCE.

Welcome

Yoga is not about perfection. It is about showing up.

A few mindful minutes each day can improve flexibility, awareness, balance, focus, and overall well-being. This journal is designed to help you build a sustainable self-practice and observe your progress over 21 days.

How to Use This Journal

At the end of each practice session, take a quick moment to fill out the log:

- ✓ Record what you practiced
- ✓ Observe how you feel
- ✓ Reflect on your experience
- ✓ Celebrate consistency

"A 10-minute practice done consistently is often more beneficial than an occasional long session."

My Intention

Why am I starting this Yoga journey?

My 21-Day Goal

- Improve flexibility
- Improve posture
- Build strength
- Reduce stress
- Improve focus
- Better sleep
- Create a daily habit
- Support overall wellness
- Other: _____

Daily Practice Log

Day: _____ Date: _____

Duration

- 5–10 min
- 10–20 min
- 20–30 min
- 30+ min

Today's Practice

- Stretching
- Surya Namaskar
- Standing Poses
- Seated Poses
- Balancing Poses
- Pranayama
- Meditation
- Relaxation

Energy Before Practice

- Low
- Moderate
- High

Energy After Practice

- Low
- Moderate
- High

My Body Feels

- Flexible
- Strong
- Energized
- Tight
- Relaxed
- Balanced

My Mind Feels

- Calm
- Restless
- Focused
- Clear
- Peaceful
- Motivated

Reflection

What did I notice during my practice today?

(Repeat this Daily Practice Log template parameters across your 21-day tracking milestones)

Weekly Reflection Summary

Week 1

What went well?

What challenged me?

What will I improve next week?

Week 2

What positive changes have I noticed?

Week 3 Reflection

How has my body changed?

How has my mind changed?

My Consistency Tracker

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Final Reflection

Congratulations on completing your 21-Day Yoga Journey!

What is the most important lesson I learned?

What habits would I like to continue?

Continue Your Wellness Journey

Discover more resources on:

✓ Yoga

✓ Ayurveda

✓ Family
Wellness

✓ Sanskrit
Wisdom

✓ Mindful
Living

Need Personalized Guidance?

For individual Yoga practices, custom therapeutic sequences, and wellness consultations, connect with us.

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