

STUDIO
naach



PROGRESS TRACKING GUIDE

REPEAT TO YOURSELF

"I AM A PRECIOUS BEING & I
TREAT MYSELF WITH LOVE &
RESPECT. I WILL DO THIS
COURSE WITH DEDICATION,
LOVE & PASSION.

I WILL GIVE MY BODY THE
GIFT OF TIME & ALLOW IT TO
OPEN & GROW IN IT'S OWN
TIME

KEEP GROWING.
KEEP TRAINING!



WEEK 1

• I FEEL THAT THIS PART OF MY BODY
OPENED MOST THIS WEEK-

- *SHOULDERS*
- *UPPER BACK*
- *MIDDLE BACK*
- *LOWER BACK*

• I FEEL THAT THIS PART OF MY BODY NEEDS
MORE COMPASSION-

- *SHOULDERS*
- *UPPER BACK*
- *MIDDLE BACK*
- *LOWER BACK*

• THIS DRILL WORKED BEST FOR ME THIS
WEEK. NAME THE DRILL-

• HOW AM I FEELING ABOUT MY BODY THIS WEEK?
WHAT CAN I DO TO PAMPER MYSELF?



WEEK 1

Training Review:

**AFTER WEEK 1, WHAT ARE THE CHANGES THAT
YOU SEE IN YOUR BODY AND WHAT CAN YOU
IMPROVE ON?**



WEEK 2

• **I FEEL THAT THIS PART OF MY BODY
OPENED MOST THIS WEEK-**

- *SHOULDERS*
- *UPPER BACK*
- *MIDDLE BACK*
- *LOWER BACK*

• **I FEEL THAT THIS PART OF MY BODY NEEDS
MORE COMPASSION-**

- *SHOULDERS*
- *UPPER BACK*
- *MIDDLE BACK*
- *LOWER BACK*

• **THIS DRILL WORKED BEST FOR ME THIS
WEEK. NAME THE DRILL-**

• **HOW AM I FEELING ABOUT MY BODY THIS WEEK?
WHAT CAN I DO TO PAMPER MYSELF?**



The background is a textured, light-colored paper. It is decorated with several dried leaves and feathers. In the top left, there is a large, curved orange feather and a pink leaf. In the top right, there is a small, dried, curved leaf. In the bottom left, there is a large pink leaf with a yellow leaf on top of it, and a small green stem. In the bottom right, there is a large, curved red feather. The text is centered in the upper half of the page.

WEEK 2

Training Review:

**AFTER WEEK 2, WHAT ARE THE CHANGES THAT
YOU SEE IN YOUR BODY AND WHAT CAN YOU
IMPROVE ON?**



WEEK 3

- **I FEEL THAT THIS PART OF MY BODY OPENED MOST THIS WEEK-**

- *SHOULDERS*
- *UPPER BACK*
- *MIDDLE BACK*
- *LOWER BACK*

- **I FEEL THAT THIS PART OF MY BODY NEEDS MORE COMPASSION-**

- *SHOULDERS*
- *UPPER BACK*
- *MIDDLE BACK*
- *LOWER BACK*

- **THIS DRILL WORKED BEST FOR ME THIS WEEK. NAME THE DRILL-**

- **HOW AM I FEELING ABOUT MY BODY THIS WEEK?
WHAT CAN I DO TO PAMPER MYSELF?**



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WEEK 3

Training Review:

**AFTER WEEK 3, WHAT ARE THE CHANGES THAT
YOU SEE IN YOUR BODY AND WHAT CAN YOU
IMPROVE ON? HAVE YOU BEEN CONSISTENT
WITH YOUR TRAINING?**



WEEK 4

- I FEEL THAT THIS PART OF MY BODY OPENED MOST THIS WEEK-

- *SHOULDERS*
- *UPPER BACK*
- *MIDDLE BACK*
- *LOWER BACK*

- I FEEL THAT THIS PART OF MY BODY NEEDS MORE COMPASSION-

- *SHOULDERS*
- *UPPER BACK*
- *MIDDLE BACK*
- *LOWER BACK*

- THIS DRILL WORKED BEST FOR ME THIS WEEK. NAME THE DRILL-

- HOW AM I FEELING ABOUT MY BODY THIS WEEK?
WHAT CAN I DO TO PAMPER MYSELF?



The background is a textured, light-colored paper. It is decorated with several dried leaves and feathers. In the top left, there is a large, curved, golden-brown feather. Below it, there are some dried leaves in shades of pink, red, and yellow. In the bottom left, there is a large, dried leaf with a pinkish-red hue and a prominent vein pattern. In the bottom right, there is a large, curved, reddish-brown feather. A small, dried, brown stem or leaf fragment is visible near the top right.

WEEK 4

Training Review:

AFTER WEEK 4, WHAT ARE THE CHANGES THAT YOU SEE IN YOUR BODY AND WHAT CAN YOU IMPROVE ON? DO YOU FEEL AN EASE IN YOUR TRAINING SINCE YOU FIRST STARTED? WHAT HAS CHANGED?



WEEK 5

• I FEEL THAT THIS PART OF MY BODY
OPENED MOST THIS WEEK-

- *SHOULDERS*
- *UPPER BACK*
- *MIDDLE BACK*
- *LOWER BACK*

• I FEEL THAT THIS PART OF MY BODY NEEDS
MORE COMPASSION-

- *SHOULDERS*
- *UPPER BACK*
- *MIDDLE BACK*
- *LOWER BACK*

• THIS DRILL WORKED BEST FOR ME THIS
WEEK. NAME THE DRILL-

• HOW AM I FEELING ABOUT MY BODY THIS WEEK?
WHAT CAN I DO TO PAMPER MYSELF?



The background is a textured, light-colored paper. It is decorated with several autumn-themed elements: a large orange feather in the top left, a small yellow leaf in the top right, a large pink and orange leaf in the bottom left, and a large red feather in the bottom right. There are also some small, thin brown sticks scattered around.

WEEK 5

Training Review:

**AFTER WEEK 5, WHAT ARE THE CHANGES THAT
YOU SEE IN YOUR BODY AND WHAT CAN YOU
IMPROVE ON? DO YOU FEEL LIGHTER IN YOUR
SHOULDERS?**



WEEK 6

• I FEEL THAT THIS PART OF MY BODY
OPENED MOST THIS WEEK-

- *SHOULDERS*
- *UPPER BACK*
- *MIDDLE BACK*
- *LOWER BACK*

• I FEEL THAT THIS PART OF MY BODY NEEDS
MORE COMPASSION-

- *SHOULDERS*
- *UPPER BACK*
- *MIDDLE BACK*
- *LOWER BACK*

• THIS DRILL WORKED BEST FOR ME THIS
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• HOW AM I FEELING ABOUT MY BODY THIS WEEK?
WHAT CAN I DO TO PAMPER MYSELF?



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WEEK 6

Training Review:

**AFTER WEEK 6, WHAT ARE THE CHANGES THAT
YOU SEE IN YOUR BODY AND WHAT CAN YOU
IMPROVE ON? ARE YOU FEELING A BIT SORE? IF
SO, WHAT HAVE YOU DONE FOR MUSCLE
REPAIR & REBUILDING**



WEEK 7

• I FEEL THAT THIS PART OF MY BODY
OPENED MOST THIS WEEK-

- *SHOULDERS*
- *UPPER BACK*
- *MIDDLE BACK*
- *LOWER BACK*

• I FEEL THAT THIS PART OF MY BODY NEEDS
MORE COMPASSION-

- *SHOULDERS*
- *UPPER BACK*
- *MIDDLE BACK*
- *LOWER BACK*

• THIS DRILL WORKED BEST FOR ME THIS
WEEK. NAME THE DRILL-

• HOW AM I FEELING ABOUT MY BODY THIS WEEK?
WHAT CAN I DO TO PAMPER MYSELF?



The background of the page is a light-colored, textured paper. It is decorated with several dried leaves and feathers. In the top left corner, there is a large, reddish-pink feather and a yellow leaf. In the bottom left corner, there is a large, reddish-pink leaf and a small green stem. In the bottom right corner, there is a large, reddish-pink feather. The text is centered on the page.

WEEK 7

Training Review:

AFTER WEEK 7, WHAT ARE THE CHANGES THAT YOU SEE IN YOUR BODY AND WHAT CAN YOU IMPROVE ON? *Are you happy with your training? If yes, that's amazing! If consistency has been an issue, what can you do better without judging yourself too harshly?*

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OPENED MOST THIS WEEK-**

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- *UPPER BACK*
- *MIDDLE BACK*
- *LOWER BACK*

• **I FEEL THAT THIS PART OF MY BODY NEEDS
MORE COMPASSION-**

- *SHOULDERS*
- *UPPER BACK*
- *MIDDLE BACK*
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• **THIS DRILL WORKED BEST FOR ME THIS
WEEK. NAME THE DRILL-**

• **HOW AM I FEELING ABOUT MY BODY THIS WEEK?
WHAT CAN I DO TO PAMPER MYSELF?**

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WEEK 8

Course Review

AFTER WEEK 8 and the completion of the duration of this course, how do you feel about yourself & your body? Write in detail how the journey has been for you & how you have enjoyed the entire process. The highs, the lows & everything in between. Super proud of you for completing this course!

Your thoughts for yourself

