THE WELLNESS PATH

Postural Reflex Tracking Sheet

Week	Target Reps	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Observations (Mood, Sleep, Focus)
Lizard	5 Reps	☐	☐	☐	☐	☐	☐	☐	
Cat/Cow	10 Reps	☐	☐	☐	☐	☐	☐	☐	
Superman/Popcorn	15 Reps	☐	☐	☐	☐	☐	☐	☐	
Starfish	20 Reps	☐	☐	☐	☐	☐	☐	☐	