Stretching routine checklist

Thirty seconds a side. Tick the days you did each one.

WEEK OF

EACH DAY	MON	TUE	WED	THU	FRI	SAT	SUN
Calves	☐	☐	☐	☐	☐	☐	☐
Hamstrings	☐	☐	☐	☐	☐	☐	☐
Hip flexors	☐	☐	☐	☐	☐	☐	☐
Glutes	☐	☐	☐	☐	☐	☐	☐
Quads	☐	☐	☐	☐	☐	☐	☐
Chest	☐	☐	☐	☐	☐	☐	☐
Upper back	☐	☐	☐	☐	☐	☐	☐
Shoulders	☐	☐	☐	☐	☐	☐	☐
Neck	☐	☐	☐	☐	☐	☐	☐

WHAT FELT TIGHTEST