

Dew the Yoga JANUARY 2021 CALENDAR

1. Print out this calendar or save it on your device.
2. Set your self-care goals below. (5 minute of yoga a day is an amazing goal for someone trying to cultivate the habit!)
3. Cross off the days, log your practice times, or give yourself stickers to keep track of the days you reach your goal.
4. Remember to share your progress on instagram and tag @aldewsnap so we can celebrate our healthy habits together.
5. Don't give up if you miss a day, forming habits is hard!

sunday	monday	tuesday	wednesday	thursday	friday	saturday
					1 HAPPY NEW YEAR!	2 new videos 
3	4	5	6	7	8	9
10	11 new videos 	12	13 New Moon VIRTUAL Flow 	14	15	16
17	18	19	20	21	22	23
24	25 new videos 	26	27	28	29	30
31						

my self-care goals:

This month, I will do at least ___ minutes of yoga ___ days a week.

This month, I will also commit to:

in order to prioritize my self-care more!