

My contortion goals

My goal

Make sure you make it specific e.g. "I want to have my arms straight in a bridge"

Current level

So that you can measure from this point forwards

Is this goal achievable for you?

Set goals that are realistic for your body and ability level

What is the time you're setting yourself for this goal?

Make sure you set a realistic timeframe, flexibility training takes time!

Print this form out and make one for every goal you're currently working on!