

**Mouth:** HOW MANY OZ OF WATER DRANK

S:  
M:  
T:  
W:  
T:  
F:  
S:

**Movement:** 10-60 MINUTES

S:  
M:  
T:  
W:  
T:  
F:  
S:

**Mind:** WHO/WHAT I'M GRATEFUL FOR

S:  
  
M:  
  
T:  
  
W:  
  
T:  
  
F:  
  
S:

# Gentle Yoga with Raquel Otis

MOVE SMARTER. BREATHE EASIER.  
THINK CLEARER. LIVE HEALTHIER. SLEEP BETTER.

## Self-Care Using the 3 Ms

### Habit Tracker

YOUR MOVEMENT. YOUR MIND. YOUR MOUTH.

WARRIOR MASTERY METHOD

"People often say that motivation doesn't last. Well, Neither does bathing. That's why we recommend it daily."

- ZIG ZIGLAR

**Hours Slept:** HOURS TOTAL

S:  
M:  
T:  
W:  
T:  
F:  
S:

**BM:** BOWEL MOVEMENT

S:  
M:  
T:  
W:  
T:  
F:  
S:

**WEEK 1**

**Mouth:** HOW MANY OZ OF WATER DRANK

S:  
M:  
T:  
W:  
T:  
F:  
S:

**Movement:** 10-60 MINUTES

S:  
M:  
T:  
W:  
T:  
F:  
S:

**Mind:** WHO/WHAT I'M GRATEFUL FOR

S:  
  
M:  
  
T:  
  
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T:  
  
F:  
  
S:

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WARRIOR MASTERY METHOD

"Yoga is about  
changing our  
habits."  
- RODNEY YEE

**Hours Slept:** HOURS TOTAL

S:  
M:  
T:  
W:  
T:  
F:  
S:

**BM:** BOWEL MOVEMENT

S:  
M:  
T:  
W:  
T:  
F:  
S:

**WEEK 2**

**Mouth:** HOW MANY OZ OF WATER DRANK

S:  
M:  
T:  
W:  
T:  
F:  
S:

**Movement:** 10-60 MINUTES

S:  
M:  
T:  
W:  
T:  
F:  
S:

**Mind:** WHO/WHAT I'M GRATEFUL FOR

S:  
  
M:  
  
T:  
  
W:  
  
T:  
  
F:  
  
S:

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WARRIOR MASTERY METHOD

"I think its interesting that the opposite of being active in yoga is not being passive, its being receptive."

- CYNDI LEE

**Hours Slept:** HOURS TOTAL

S:  
M:  
T:  
W:  
T:  
F:  
S:

**BM:** BOWEL MOVEMENT

S:  
M:  
T:  
W:  
T:  
F:  
S:

**WEEK 3**

**Mouth:** HOW MANY OZ OF WATER DRANK

S:  
M:  
T:  
W:  
T:  
F:  
S:

**Movement:** 10-60 MINUTES

S:  
M:  
T:  
W:  
T:  
F:  
S:

**Mind:** WHO/WHAT I'M GRATEFUL FOR

S:  
  
M:  
  
T:  
  
W:  
  
T:  
  
F:  
  
S:

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WARRIOR MASTERY METHOD

"There is no 'doing' yoga - only 'being' yoga."

- RAQUEL OTIS

**Hours Slept:** HOURS TOTAL

S:  
M:  
T:  
W:  
T:  
F:  
S:

**BM:** BOWEL MOVEMENT

S:  
M:  
T:  
W:  
T:  
F:  
S:

**WEEK 4**