



Bear Clan, LLC

Empowering Balanced and Transformative Lives

90 Day Relaxation Challenge Tracking

	Date	Time	Initials as Completed	Witness Initials
1				
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	Date	Time	Initials as Completed	Witness Initials
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Challenge: Complete one full Bear Clan Systematic Muscle Relaxation Exercise every day for 90 days in a row. If you miss a day for some reason, you can do two exercises on the next day. Otherwise, you have to start over. Record the day and the time that you completed the exercise, initial that you did it, and have someone else initial as a witness.



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90 Day Relaxation Challenge Tracking

	Date	Time	Initials as Completed	Witness Initials
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