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CHECKLIST



I want you to CRUSH this program, so I made you a checklist so you can prepare and do exactly that!

Read through the Must-Do's and Must-Have's below to prep for success.



CHECKLIST

- ✓ Download the GOALS worksheet and write down your answers (Most important step to this journey!)
- ✓ Organize your outfit the night before work! Lay your workout clothes so you can grab 'n stretch in the morning, and give yourself those extra few minutes to make sure you get your morning stretches in.
- ✓ Make a space at your house for your practice. Light a candle, lay out your mat, set up your yoga blocks/straps the night before, and dedicate a place for you. Make this area your new fav space.
- ✓ While you're at it, organize your closet, kitchen and make up drawer. If other areas of your life are organized, you'll be more likely to stay on track! Now's the time to clean it up!
- ✓ Water Bottle! Make sure you have this on you at all times! Water increases your metabolism, so drink up all day!
- ✓ Invest in a journal - there's something so therapeutic about shutting off electronics and writing in my journal. I challenge you to write down 3 things you are grateful for each day in your journal over the next month. You can also write down 3 happy memories that make you smile.



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Don't forget to check in!
@GetStretchy #GetStretchy



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- ✓ Download your GS Calendar (under Course Materials), and hang it up over your desk.
- ✓ ☐ Set a reminder in your phone to do your GS stretches. If it's not in your calendar, it won't happen. Morning videos should be done as soon as you wake up, and evening videos about 30-60 minutes before bed. Also, set your alarm to a motivating song!
- ✓ Join the Private Facebook Group! Say hello, introduce yourself, and let everyone know that you just joined Get Stretchy, and post 1 of your goals. Everyone is super supportive and they will be inspired to hear your goals!!

[Click here to join now!!](#)

- ✓ If you're like me and love sharing your story on social media, then download the official GS Instagram pic (under Course Materials), post it to your profile, tag @getstretchy and @actionjacquelyn, and use #GetStretchy to let everyone know what you're up to!
- ✓ A positive mind!!! You might face a yoga pose that is making you face your fears and anxieties head on. Take a deep breath, and exhale those hang ups. GS is going to be exactly what you need... and you're going to feel at peace, positive, and confident by the end of the month!!



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