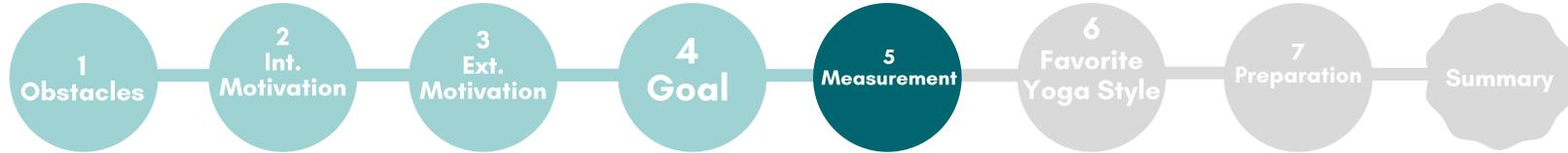


DAY 5. WHAT TO MEASURE?



Measuring results is just as important as all the other steps, but very often missed out. It helps you stay motivated and reach your goals. Daily/weekly or monthly measurement of results will help you realize if you are moving where you want to go or maybe doing something wrong if your progress is not improving.

Different outcomes can be measured depending on what is important to you and what you want to achieve. The key is to make measurement a routine, even if you get the same result as in the previous yoga sessions. It doesn't matter – it's still important to note it.

When measuring results, you can learn the following about yourself:

- ✓ Do you really like the yoga style you chose? (Measure your mood and feelings)
- ✓ Are you doing your practice correctly? (Measure how your body feels, whether it is improving or maybe you experience pain in the body)
- ✓ What are the benefits of practice? (Measure flexibility, shape improvement, mood, relaxation, energy level, etc.)
- ✓ How do other areas of life improve? (Measure success at work or sleep patterns)



If you keep track of certain indicators, you can learn a lot about yourself and your yoga practice. This is what can help you improve your practice or avoid the wrong ones.

WHAT CAN BE MEASURED

- ◆ Hours – how much time did you spend doing yoga?
- ◆ Flexibility - is your asana practice improving?
- ◆ Body measurement – how has body shape changed?
- ◆ Relaxation (can be evaluated on a 10-point system) - how much I relaxed after the session?
- ◆ Feelings, emotions – what did you experience before/during/after the practice? How was your mood? How much strength did you have? What was your attitude? What kind of thoughts did you have?
- ◆ Energy level (can be evaluated on a 10-point system) – how much energy was generated after yoga (if the practice was designed for energy)
- ◆ Number of times – how many times a day / week / month do you practice?
- ◆ Photo/video – use these to capture changes in appearance or technique of the poses



Each person is different, so everyone should choose how or what to measure depending on their goals.

If you want to improve health in general, it is also worth keeping track of your daily water intake and the amount of vegetables you eat. You can use apps for this or do it manually.

After a week or a month, it's worth evaluating your results to see if things are moving in the right direction or if you need to change something.

These measurements are only needed to motivate yourself, to see if you are moving in the right direction (whether the practice is beneficial and healthy), and to make it easier to incorporate into your routine.

However, do not use these measurements as a competition to yourself or other yogis.

Remember that yoga is not just about the body. It is also the practice of the soul. Leave space to feel all sorts of emotions and don't create a lot of expectations for your body, let it flow easily.



TASK 1. MEASUREMENT OF RESULTS

The purpose of this exercise is to clearly define what you will measure after each session

Measuring will help you see if you are moving towards your goal or not

EXAMPLE

Measurement List

Flexibility

Hours

Feelings/Emotions

Will do Photos/Videos



TASK 2. YOUR CURRENT DATA

Write down the most important measurements concerning your current state. In the photo and video section, include the link where you will put all the photos and videos of your progress

EXAMPLE

My Current Data

<p>Choose the data that is most important to you</p> <p>(for example, flexibility level, energy level, yoga level, mood, body measurement, photo/video, etc.)</p>	<p>Flexibility 5, Energy 8, (10points system), Yoga level 1 - beginner</p>
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