

The Happy Body Exercise Levels Tracker

Circle your levels and practice until mastering them and keep these charts to monitor progress
 Date of practicing these levels: from _____ to _____

Standing Tall Level 1 2 3 4 5	Cresting Wave Level 1 2 3 4 5	Take Off Level 1 2 3 4 5	Tapping Hammer Level 1 2 3 4 5	Sitting Tower Level 1 2 3 4 5	Take a Bow Level 1 2 3 4 5
Opening Wide Level 1 2 3 4 5	Shifting Wave Level 1 2 3 4 5	Fly Up Level 1 2 3 4 5	Rocking Trunk Level 1 2 3 4 5	Rising Tower Level 1 2 3 4 5	Encore Bow Level 1 2 3 4 5
Lying Long Level 1 2 3 4 5	Rolling Wave Level 1 2 3 4 5	Lift Off Level 1 2 3 4 5	Working Hinges Level 1 2 3 4 5	Power Tower Level 1 2 3 4 5	Final Bow Level 1 2 3 4 5