FOOT STRETCHES

Date	Left Foot	Right Foot

THIS SPLIT CHART
Belongs To:

....

How to Use This Split Chart

Print this document & fold it into 3 sections
Use a ruler & track your measurements every day for the best results.

Splits

Hold each split for 1 minute before measuring.
Use a ruler to measure your splits from the highest point between your legs & write it down.

Feet

Ask a friend to help stretch your feet.
Stretch each foot individually for 1 minute.
Use the ruler to measure the distance between your toes and the floor then write it down.

Happy Stretching!

FOR MORE HELPFUL MATERIALS, ARTICLES & VIDEOS CHECK OUT:
WWW.BALLERINAMAGAZINE.COM

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DAILY SPLIT CHART

By Miss. Kathleen

LEFT SPLIT

DATE	MEASURMENT

CENTER SPLIT

DATE	MEASURMENT

RIGHT SPLIT

DATE	MEASURMENT