



# Yoga Class Tracking Workbook

This Excel workbook is designed to track both **participation** and **wellness outcomes** for a yoga program. It provides tools to monitor attendance consistency as well as changes in **pain and stress levels** before and after sessions. The workbook helps visualize client engagement and therapeutic impact over time.



[View the Workbook](#)



## Sheet 1: Participation Tracker

This sheet tracks how often each participant attends scheduled sessions and automatically calculates their **participation percentage**.

Column	Description
Participant Name	Name or ID of the individual
Total Sessions Signed Up	Number of sessions they registered for
Total Sessions Attended	Number of sessions they attended
Participation %	Automatically calculated: =Attended/SignedUp

- ✓ Includes **conditional formatting** to highlight high and low participation rates.
- ✓ Useful for tracking engagement trends and identifying drop-off points.
- ✓ **Color-coded changes** for quick visual interpretation

## Sheet 2: Pain & Stress Tracking

This sheet captures **pre- and post-session pain and stress ratings** on a 0–10 scale. It's designed to help measure short-term outcomes and participant response to yoga interventions.

Column	Description
Date	Date of the yoga session
Participant Name	Name or ID of participant
Pain Level (Pre)	Pain level before class (0 = none, 10 = worst)
Pain Level (Post)	Pain level after class
Stress Level (Pre)	Stress level before class
Stress Level (Post)	Stress level after class
Pain Change	Pre - Post (positive = improvement)
Stress Change	Pre - Post (positive = improvement)

- ✓ **Average scores** are automatically calculated at the bottom of each column
- ✓ Can be extended with charts or filtered by participant/session type

## Use Cases

- Recreational therapists & wellness coaches
- Outcome tracking for yoga programs
- Grant reporting and program evaluation
- Healthcare professionals using yoga therapeutically
- Entry-level data analysis portfolio project

## Customization Ideas

- Add new wellness metrics (mood, fatigue, focus)
- Track by yoga type (Chair Yoga, Restorative, etc.)
- Use anonymous IDs for privacy
- Split sheets by month, location, or instructor

## About the Creator

I'm transitioning into a career in **data analytics** from a background in therapeutic recreation and wellness. This project blends practical health programming with foundational data skills like tracking, analysis, and visualization.

## Files

- Yoga\_Participation\_and\_Wellness\_Tracking.xlsx
- [OneDrive Link to Workbook](#)

## Contact

If you'd like to discuss how this template can be customized for your wellness or therapy program—or want to collaborate on health-focused data projects—feel free to reach out!