



Practice Journal

Week of: _____

Sunday: Warm ups light shoe drills heavy shoe drills
Date: Conditioning exercises
Light Dance Heavy Dance Set

Monday: Warm ups light shoe drills heavy shoe drills
Date: Conditioning exercises
Light Dance Heavy Dance Set

Tuesday: Warm ups light shoe drills heavy shoe drills
Date: Conditioning exercises
Light Dance Heavy Dance Set

Wednesday: Warm ups light shoe drills heavy shoe drills
Date: Conditioning exercises
Light Dance Heavy Dance Set

Thursday: Warm ups light shoe drills heavy shoe drills
Date: Conditioning exercises
Light Dance Heavy Dance Set

Friday: Warm ups light shoe drills heavy shoe drills
Date: Conditioning exercises
Light Dance Heavy Dance Set

Saturday: Warm ups light shoe drills heavy shoe drills
Date: Conditioning exercises
Light Dance Heavy Dance Set

Parent and dancer's signature _____