



JANUARY 2026

Name:

Position:



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				01 	02 	03
04 WRITE DOWN ONE SMALL GOAL FOR YOUR BALLET JOURNEY THIS YEAR	05 	06 	07 	08 	09 	10
11 DÉGAGÉ (DAY-GA-ZHAY) TO DISENGAGE, LIFTS THE WORKING FOOT OFF THE FLOOR AND EXTEND WITH A POINT TOE	12 	13 	14 	15 	16 	17
18 PAS DE CHAT (PA-DE-SHA) STEP OF THE CAT	19 	20 <i>You Pick</i>	21 	22 	23 	24
25 PLIÉ (PLEE-YE) BENDING THE KNEES	26 20 JUMPING JACKS or more	27 	28 	29 	30 	31