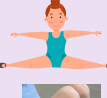




APRIL 2024

Name: _____
Position: _____

CHALLENGE
14
DAYS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	01    	02    	03    	04    	05    	06 TAKE a BREAK
07 Practice MAKES Progress	08    	09    	10  20 SIT UPS or more	11    	12 Practice what you've learned for your group dance. Think about the steps and movements.	13 TAKE a BREAK
14 AnyThing is Possible	15    	16    	17 Preballet: Flamingo stand as long as possible Level 1-2: Tendu kick with back straight <u>LEVEL 3-4 WATCH VIDEO & PRACTICE ASSEMBLÉ</u>	18    	19    	20 TAKE a BREAK
21 CELEBRATE EVERY WIN, NO MATTER HOW SMALL	22    	23    	24    	25    	26    	27 TAKE a BREAK
28 YOU ARE UNSTOPPABLE	29    	30    				