

OCTOBER 2026

Name:

Positions:

14
DAYS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 	2 	3  Rest
4 GOALS! Set a small goal for your ballet class this month.	5 	6 	7  Jump Rope 1 minute	8 	9 	10  Rest
11 	12 	13  Drink 4 glasses/cups of water	14 	15 	16 	17  Rest
18  DÉGAGÉ (DAY-GA-ZHAY) TO DISENGAGE, LIFTS THE WORKING FOOT OFF THE FLOOR AND EXTEND WITH A POINT TOE	19  Plank 30 secs	20 	21 	22 	23 	24  Rest
25 	26 	27 	28 <i>Dance to the Classic Music</i>	29 	30 	31  Rest