FREE PREVIEW



Dance

Dance

THIS JOURNAL BELONGS TO

NAME .....

CONTACT .....

START .....

END .....

PREVIEW

HOW TO USE

Dance

1. Fill in one page a day. Use the ratings and notes to track your progress.
2. Fill one page per session; a date and a few quick notes are enough.
3. Print double-sided on 6 x 9 in paper; the inner margin is widened for binding.
4. Review every weekend: spot patterns and celebrate small progress.

PREVIEW

- DATE
- DAY NO.
- FOCUS TODAY

SELF RATING

- SONG ☆☆☆☆☆
- PRACTICE GOAL ☆☆☆☆☆
- MOVES LEARNED ☆☆☆☆☆
- HOW I FELT ☆☆☆☆☆
- NEXT STEP ☆☆☆☆☆

SONG

PRACTICE GOAL

REFLECTION

PREVIEW

- DATE
- DAY NO.
- FOCUS TODAY

SELF RATING

- SONG ☆☆☆☆☆
- PRACTICE GOAL ☆☆☆☆☆
- MOVES LEARNED ☆☆☆☆☆
- HOW I FELT ☆☆☆☆☆
- NEXT STEP ☆☆☆☆☆

SONG

PRACTICE GOAL

REFLECTION

PREVIEW

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PREVIEW

Remaining pages are locked in the preview