



# Weekly PRACTICE LOG

**NAME** \_\_\_\_\_

**EMAIL YOUR COMPLETED FORM TO MISS HANA EACH WEEK BY 8PM ON SATURDAY.**

ITEM	POINTS
Set a dance goal for the week. Write it down here:  _____	50
Attended ALL my scheduled recital virtual classes or learned the new choreography from the video Miss Hana sent.	250
Attended a bonus virtual class.	150
BONUS if you attended ALL your scheduled classes & a bonus virtual classes.	300
Practiced on my own outside of virtual class. (25 pts for ____ days)	max 100
Ate a healthy snack EVERY DAY.	25
Sent a video or selfie to a dance friend to hold each other accountable.	50
Stretched for 20 minutes.	25
Practiced my facial expressions when practicing my dances.	50

**TOTAL POINTS EARNED**

Circle the ones you earned above.

DAY	DATE	PRACTICE MINUTES	DANCES PRACTICED
<i>Sunday</i>			
<i>Monday</i>			
<i>Tuesday</i>			
<i>Wednesday</i>			
<i>Thursday</i>			
<i>Friday</i>			
<i>Saturday</i>			

**TOTAL PRACTICE MINUTES**

Add up your minutes.