

**33-Days of Dance Challenge: RECORD SHEET**

Day	Morning Song & Timing	Afternoon Song & Timing	Evening Song & Timing
Print, read and do start exercise in Reflective Journal			
1.			
2.			
3. Reflective Journal Focus			
4.			
5.			
6. Reflective Journal Focus			
7.			
8.			
9. Reflective Journal Focus			
10.			
11.			
12. Reflective Journal Focus			
13.			
14.			
15. Reflective Journal Focus			

33-Day Dance Challenge

16.			
Day	Morning Song & Timing	Afternoon Song & Timing	Evening Song & Timing
17.			
18. Reflective Journal Focus			
19.			
20.			
21. Reflective Journal Focus			
22.			
23.			
24. Reflective Journal Focus			
25.			
26.			
27. Reflective Journal Focus			
28.			
29.			
30. Reflective Journal Focus			
31.			
32.			
33. Reflective Journal Focus			