



the flying IRISH studio



PRACTICE JOURNAL of _____

Date:

Warn-Ups
What I did:

Time Spent:

Soft Shoe Drills
What I did:

Time Spent:

Hard Shoe Drills
What I did:

Time Spent:

Dance (Name)
What I did:

Time Spent:

What needs additional work:

Dance (Name)
What I did:

Time Spent:

What needs additional work:

Dance (Name)

Time Spent:

What I did:

What needs additional work:

Dance (Name)

Time Spent:

What I did:

What needs additional work:

Dance (Name)

Time Spent:

What I did:

What needs additional work:

Strengthening

Time Spent:

What I did:

What needs additional work:

GOALS (*write positively, like you already have achieve it*)

Big Goal (6 months – 1 year)

Step Goals (2 weeks – 2 months)