

Dance Department Stretch Log

Stretch or do some sort of workout for 10 minutes daily to increase flexibility, strength and stamina. Record the stretches or exercises done in each column daily for the appropriate number of weeks.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					
Week 2					
Week 3					

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 4					
Week 5					
Week 6					

Dance Department Stretch Log

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 7					
Week 8					
Week 9					