

NAME & DATE:

SLEEP SCORE: 1 2 3 4 5 6 7 8 9 10

ENERGY LEVEL: 1 2 3 4 5 6 7 8 9 10

SLEEP GOALS:

REST & FUEL GOALS

ONGOING DANCE HOMEWORK

ARTISTIC GROWTH

VOLUNTEER:

NEW EXPERIENCE:

POTENTIAL STRESSORS

STRESS RELIEVERS

SUPPORT SYSTEM

NAME & DATE:

Sample Student - August 22nd, 2022

SLEEP SCORE: 1 2 3 4 5 6 7 8 9 10

ENERGY LEVEL: 1 2 3 4 5 6 7 8 9 10

SLEEP GOALS:

- ✓ asleep by 9:30 week nights
- ✓ asleep by 11 weekends
- ✓ no phone past 9

REST & FUEL GOALS

- ✓ only water to drink weekdays
- ✓ no dance or training on thurs
- ✓ eat 1 green veggie per day

ONGOING DANCE HOMEWORK

- work on right splits
- practice triple on both sides
- improve 4 count picks ups on left
- back exercises 3 x per week
- go over solo every Sunday night
- 50 handwalking steps every day

ARTISTIC GROWTH

watch 3 live shows this year (ballet, musical, concert)

VOLUNTEER: assist classes at studio

NEW EXPERIENCE: try tap

POTENTIAL STRESSORS

1. math this semester
2. balancing dance & school
3. moving this year

STRESS RELIEVERS

1. online yoga classes
2. taking a bath
3. free writing in my journal

SUPPORT SYSTEM

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|-------------------|------------------------|-------------------|---------------------|
| 1. parents | 4. Guidance Counsellor | 7. family doctor | 10. school teacher |
| 2. studio owner | 5. Chiropractor | 8. school friends | 11. extended family |
| 3. dance teachers | 6. Physiotherapist | 9. dance friends | 9. cousins |