

NAME & DATE:

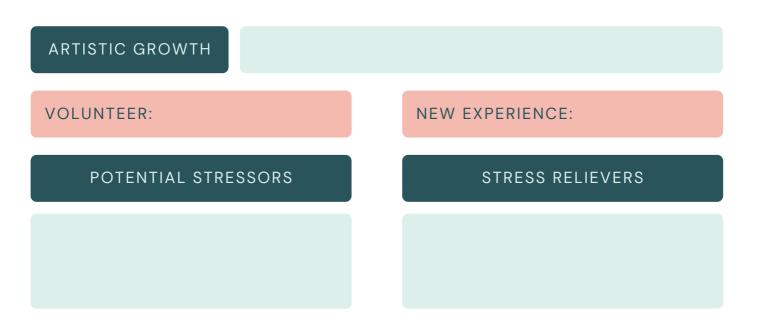
SLEEP SCORE: 1 2 3 4 5 6 7 8 9 10

SLEEP GOALS:

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

REST & FUEL GOALS

ONGOING DANCE HOMEWORK



SUPPORT SYSTEM

~ TO MOVE

MADE MOVE Wellness Goal Sheet www.madetomove.ca

NAME & DATE: Sample Student - August 22nd, 2022	
SLEEP SCORE: 1 2 3 4 5 7 8 9 10	ENERGY LEVEL: 1 2 3 4 5 7 8 9 10
SLEEP GOALS:	REST & FUEL GOALS
 asleep by 9:30 week nights asleep by 11 weekends no phone past 9 	 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 Iballet. mysical. concert)	
VOLUNTEER: assist classes at studio	NEW EXPERIENCE: Try tap
POTENTIAL STRESSORS	STRESS RELIEVERS
1.math this semester 2.balancing dance & school 3.moving this year	1.online yoga classes 2.taking a bath 3.free writing in my journal
SUPPORT SYSTEM	
1. parents4. Guidance Counsellon2. studio ownen5. Chiropracton3. dance teachens6. Physiotherapist	8. school friends 11. extended family
~ to move	