

DANCE: YOUR WAY TO A HEALTHIER MIND & BODY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REST	<input type="checkbox"/> DANCE WITH INTENTION Notes _____ _____ _____	Notes _____ _____ _____ PASO PALMS <input type="checkbox"/>	<input type="checkbox"/> BOTTOM BLASTER Notes _____ _____ _____	Notes _____ _____ _____ PUSH TO THE LIMIT <input type="checkbox"/>	<input type="checkbox"/> CUBAN BEATS Notes _____ _____ _____	Notes _____ _____ _____ DANCE WITH INTENTION <input type="checkbox"/>

LABLAST AT HOME WEEKLY GOALS

Overview: _____

Weight: _____

Waistline: _____

Arm: _____

Leg: _____

