

DANCE PRACTICE LOG

Plan one focused session, record what happened, and choose a clear next step.

Date: _____

Dance style: _____

Partner(s): _____

Practice length: _____

TODAY'S MAIN GOAL

WHAT I PLAN TO PRACTICE

- | | |
|--|--|
| ☐ Timing and weight changes | ☐ Footwork and technique |
| ☐ Posture and frame | ☐ Connection and partnering |
| ☐ Routine or figures | ☐ Floorcraft |
| ☐ Musicality and presentation | ☐ Stamina or mock rounds |

SESSION PLAN

Warm-up: _____ Focused practice: _____ Full run / review: _____

AFTER PRACTICE

What improved?

What still needs attention?

My next practice priority:

WEEKLY PRACTICE TRACKER

Use one row for each practice session. Keep the goal small enough to measure.

Week of: _____

Competition or performance goal: _____

WEEKLY PRIORITIES

1. _____
2. _____
3. _____

PRACTICE SESSIONS

Date	Minutes	Dance / focus	What improved	Next step	

END-OF-WEEK REVIEW

The most useful thing I learned:

A question for my instructors or partner:

Next week I will focus on:
