# DANCE CENTRAL™ FITNESS GOAL CHART

WEEK #1								
Weekly Goal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
12 (2/2)								
Hit goal? (Y/N)								
WEEK #2								
Weekly Goal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Hit goal? (Y/N)								
ini guai: (1/11)	I							

NOTES:

## $DANCE\ CENTRAL^{\text{TM}}\ FITNESS\ GOAL\ CHART$

#### **WEEK #3** Weekly Goal Tuesday Friday Sunday Total Monday Wednesday Thursday Saturday Hit goal? (Y/N) **WEEK #4** Weekly Goal Monday Tuesday Wednesday Thursday Friday Saturday Sunday Total Hit goal? (Y/N)

NOTES:

## $DANCE\ CENTRAL^{\text{TM}}\ FITNESS\ GOAL\ CHART$

#### **WEEK #5** Weekly Goal Monday Thursday Friday Saturday Sunday Total Tuesday Wednesday Hit goal? (Y/N) WEEK #6 Weekly Goal Monday Tuesday Wednesday Thursday Friday Saturday Sunday Total Hit goal? (Y/N)

NOTES:

## DANCE CENTRAL™ FITNESS GOAL CHART

#### **WEEK #7** Monday Weekly Goal Tuesday Wednesday Thursday Friday Saturday Sunday Total Hit goal? (Y/N) **WEEK #8** Weekly Goal Monday Tuesday Wednesday Thursday Friday Saturday Sunday Total Hit goal? (Y/N) NOTES: