

DANCE CENTRAL™ FITNESS GOAL CHART

WEEK #1

Weekly Goal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total

Hit goal? (Y/N)

WEEK #2

Weekly Goal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total

Hit goal? (Y/N)

NOTES:

DANCE CENTRAL™ FITNESS GOAL CHART

WEEK #3

Weekly Goal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total

Hit goal? (Y/N)

WEEK #4

Weekly Goal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total

Hit goal? (Y/N)

NOTES:

DANCE CENTRAL™ FITNESS GOAL CHART

WEEK #5

Weekly Goal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total

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

Weekly Goal	Monday	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: