

Dancer Name: \_\_\_\_\_ Dance Season: \_\_\_\_\_

## Defining Dance Goals Worksheet Example

<b>Long-term Goal:</b> Be able to perform clean double pirouettes >80% of the time.		
<b>Achieve by (date):</b> December 31, 2024		
<b>Milestones:</b> (define smaller measurable goals that lead you to your long-term goal)	Perform clean double pirouettes 50% of the time by the end of September	
	Perform clean double pirouettes 75% of the time by the end of November	
<b>Elements Needed to Succeed in Your Defined Goal</b>	Hip Strength	
	Ankle Strength	
	Balance	
<b>Short-term Goals</b> (tasks that will address different elements needed to achieve each milestone)	<b>Hip Strength</b>	Be able to hold a single leg bridge for 60 seconds without dropping the pelvis.
	<b>Ankle Strength</b>	Be able to perform 25 single leg relevés with a straight knee to fullest height with good alignment.
	<b>Balance</b>	Be able to stand in parallel passé with eyes closed for 30 seconds.
<b>Define Weekly or Daily Tasks**</b>	<b>3x/week:</b> do 3x10 reverse lunges and 2x15 single leg bridges	
	<b>3x/week:</b> do 2x15 single leg relevés with rolled towel under big toe	
	<b>Daily:</b> stand on one foot while brushing my teeth	

**\*\*Write these weekly/daily tasks in your planner so they are scheduled. Many times, these are great things to do as a warm-up before your dance classes.**

## Dance Goal Tracker Worksheet

### Example

<b>Long-term Goal</b>	Be able to perform clean double pirouettes >80% of the time by the end of December.				
<b>Progress Date:</b>		<b>9/29/24</b>	<b>10/30/24</b>	<b>11/28/24</b>	<b>12/31/24</b>
<b>Milestones</b>	Perform clean double pirouettes 50% of the time by the end of September	MET, able to perform clean double >50% of the time	MET	MET	
	Perform clean double pirouettes 75% of the time by the end of November	Not met yet, progressing	Not met yet, progressing (60%)	MET	
<b>Short-term Goals</b>	Be able to hold a single leg bridge for 60 seconds without dropping the pelvis.	MET: Able to hold for 60 sec. <b>NEW GOAL: be able to do 15 single leg squats to a chair</b>	Able to do 5 single leg squats to a chair	Able to 10 single leg squats to a chair	
	Be able to perform 25 single leg relevés with a straight knee to fullest height with good alignment.	Able to do 15 reps with straight knee	Able to do 18 reps with a straight knee	Able to do 20 reps with straight knee	
	Be able to stand in parallel passé with eyes closed for 30 seconds.	Able to do 20 seconds	Able to do 22 seconds	Able to hold for 25 seconds	

## Defining Dance Goals Worksheet

<b>Long-term Goal:</b>		
<b>Achieve by (date):</b>		
<b>Milestones:</b> (define smaller measurable goals that lead you to your long-term goal)		
<b>Elements Needed to Succeed in Your Defined Goal</b>		
<b>Short-term Goals</b> (tasks that will address different elements needed to achieve each milestone)		
<b>Define Weekly or Daily Tasks</b>		

**\*\*Write these weekly/daily tasks in your planner so they are scheduled. Many times, these are great things to do as a warm-up before your dance classes.**

## Dance Goal Tracker Worksheet

<b>Long-term Goal</b>					
<b>Progress Date:</b>					
<b>Milestones</b>	1.				
	2.				
<b>Short-term Goals</b>	1.				
	2.				
	3.				