

Dance Activity Log

2-Week Dance Activity Log

Use this activity log to track your dancing. Fill in all of the dance activities you do each day. You can follow along dances from Youtube, GoNoodle, Free Dance with your Family, or any dancing you do.

Name: _____

Week 1

Day	Activity 1	Activity 2	Activity 3	Total
Sample Day	GoNoodle: "Love Runs out," and "Cat Party" 10 minutes	Movement Checklist 10 minutes	Free Dance with my Family 15 minutes	35 minutes
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				

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Week 2

Day	Activity 1	Activity 2	Activity 3	Total
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				