

## DANCE CENTRAL™ FITNESS GOAL CHART

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### WEEK #1

Weekly Goal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
<i>Dance for 30 minutes at least 5 days</i>	<i>Danced 30 minutes</i>	<i>Danced 45 minutes</i>	X	<i>Danced 35 minutes</i>	<i>Danced 40 minutes</i>	<i>Danced 30 minutes</i>	X	<i>Danced 3 hours!</i>

Hit goal? (Y/N)

YES!

### WEEK #2

Weekly Goal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
<i>Dance through Fitness Playlist Challenge 3 times</i>	<i>Danced to Fitness Playlist</i>	<i>Danced with friends, just for fun</i>	<i>Danced to Fitness Playlist</i>	X	<i>Only danced a couple songs</i>	<i>Danced to Fitness Playlist</i>	X	<i>Danced 5 dates!</i>

Hit goal? (Y/N)

YES!

NOTES:

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### 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)

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### 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)

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### 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: