

DAILY PRACTICE

20 min *Quality & Consistency over quantity.* 😊



TODAY'S BARRE:

<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____
<input type="checkbox"/>	_____

OVERTIME

TODAY'S FOCUS:
SKETCH OR WRITE
ONE BIG IDEA:



NOTES:

Large empty rectangular area for notes.