



DECEMBER 2024

Name:

Positions:

14 DAYS

SUN	MON	TUE	WED	THU	FRI	SAT
1 <i>My potential IS ENDLESS</i>	2 	3 	4 	5 	6 	7 <i>Time to Rest</i>
8 PLIÉ (PLEE-YE) BENDING THE KNEES	9 	10 	11 	12 PREBALLET: DANCE TO THE MUSIC BALLET 1-2: #1 CHASSE FLIP BALLET 3-4: #2 SAUTÉ	13 	14 <i>Time to Rest</i>
15 TENDU (TAHN-DEW) EXTENDING THE LEG	16 	17 20 SIT UPS or more	18 	19 	20 	21 <i>Time to Rest</i>
22 DÉGAGÉ (DAY-GA-ZHAY) TO DISENGAGE, LIFTS THE WORKING FOOT OFF THE FLOOR AND EXTEND WITH A POINT TOE	23 <i>Read a Book ABOUT BALLET</i>	24 	25 	26 <i>Watch A BALLET PERFORMANCE</i>	27 <i>Take a picture WITH A DANCE POSE AND SHARE</i>	28
29 SAUTÉ (SOH-TAY) TO JUMP	30 <i>Dance WITH YOUR FAMILY MEMBER</i>	31 Scan the QR code TAKE THE QUIZ AND WATCH THE VIDEO FROM FEEDBACK				