

THE *joy of*  
skating  
ARTISTICALLY



SKATING JOURNAL &  
PRACTICE WORKBOOK

ARTISTICSKATING.COM

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**skating**  
ARTISTICALLY

THIS PLANNER BELONGS TO

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# Skating Goals

## BUCKET LIST

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

# Goals Planner

**Goal:**

**Start Date:**

**End Date:**

**Action Steps**

**Notes**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Goal:**

**Start Date:**

**End Date:**

**Action Steps**

**Notes**

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Goal:**

**Start Date:**

**End Date:**

**Action Steps**

**Notes**

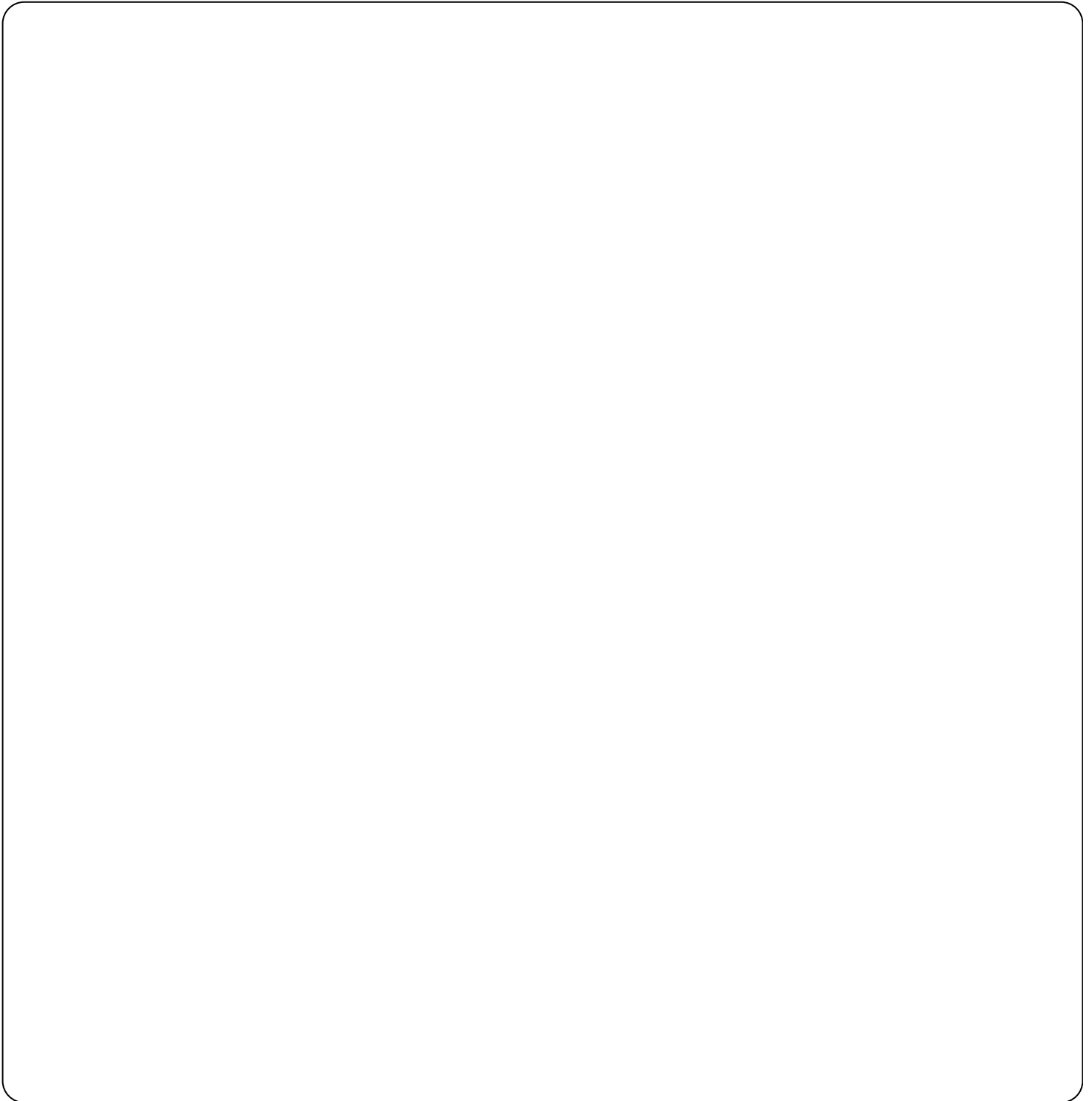
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

# *Skate* Vision

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DATE \_\_\_\_/\_\_\_\_/\_\_\_\_

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# Skills Tracker

***Skill:***

***Skill rating:*** ☆ ☆ ☆ ☆ ☆  
(1 star = least favorite; 5 stars = most favorite)

PRACTICE DATE \_\_\_\_/\_\_\_\_/\_\_\_\_  
**Notes:** (progress, tips, coach's notes, etc)

***Date Started:***

***Date Mastered:***

PRACTICE DATE \_\_\_\_/\_\_\_\_/\_\_\_\_  
**Notes:**

***Skill references and resources:***

(people, websites, etc)

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

PRACTICE DATE \_\_\_\_/\_\_\_\_/\_\_\_\_  
**Notes:**

PRACTICE DATE \_\_\_\_/\_\_\_\_/\_\_\_\_  
**Notes:**

***Important Notes***

PRACTICE DATE \_\_\_\_/\_\_\_\_/\_\_\_\_  
**Notes:**

PRACTICE DATE \_\_\_\_/\_\_\_\_/\_\_\_\_  
**Notes:**

PRACTICE DATE \_\_\_\_/\_\_\_\_/\_\_\_\_  
**Notes:**

# Warm-Up Routine

## Warm-Up Variation:

DATE STARTED \_\_\_\_/\_\_\_\_/\_\_\_\_

Warm-up rating: ☆ ☆ ☆ ☆ ☆

(1 star = least favorite; 5 stars = most favorite)

<i>Warm-Up or Cool Down Exercise Name:</i>	<i>Sets:</i>	<i>Reps:</i>	<i>Time:</i>

WHAT I LIKED ABOUT THIS WARM-UP:

WHAT I WILL CHANGE FOR NEXT TIME:

## Warm-Up Variation:

DATE STARTED \_\_\_\_/\_\_\_\_/\_\_\_\_

Warm-up rating: ☆ ☆ ☆ ☆ ☆

(1 star = least favorite; 5 stars = most favorite)

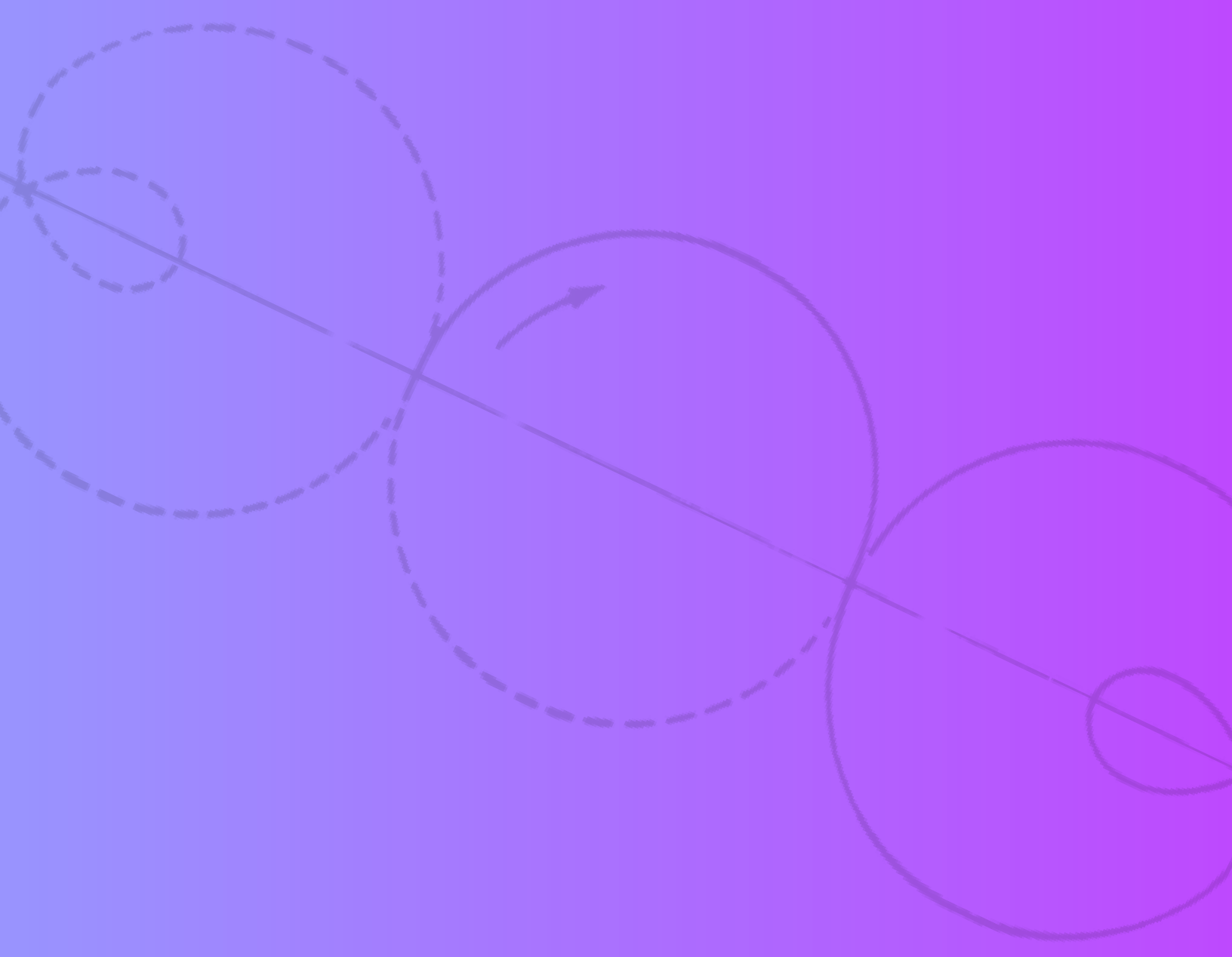
<i>Warm-Up or Cool Down Exercise Name:</i>	<i>Sets:</i>	<i>Reps:</i>	<i>Time:</i>

WHAT I LIKED ABOUT THIS WARM-UP:

WHAT I WILL CHANGE FOR NEXT TIME:







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2025

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