

### 25 SKATING JOURNAL & PRACTICE WORKBOOK

ARTISTICSKATING.COM



# THIS PLANNER BELONGS TO

## Skating Goals

BUCKET LIST

#### Goals Planner

Coal

oou.		
Start Date:	End Date:	
Action Steps	Notes	
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	<b>'</b>	
Goal:		
Start Date:	End Date:	
Action Steps	Notes	
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Goal:		
Start Date:	End Date:	
Action Steps	Notes	
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#### Skate Vision

DATE/		
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#### Skills Tracker

#### Skill:

Skill rating:	$\swarrow$	$\swarrow$	$\swarrow$	$\swarrow$	$\frac{1}{\sqrt{2}}$
/1 star - loast fo	varita.	Ector	- mac	+ for ori	+ ~ \

PRACTICE DATE//// Notes: (progress, tips, coach's notes, etc)	Date Started: Date Mastered:
PRACTICE DATE///	Skill references and resources: (people, websites, etc)
PRACTICE DATE//	O
PRACTICE DATE//	Important Notes
PRACTICE DATE/	
PRACTICE DATE//	
PRACTICE DATE//	

#### Warm-UpRoutine

Warm-Up Variation:  DATE STARTED//	Warm-up rating: $\checkmark$ $\checkmark$ $\checkmark$ $\checkmark$ $\checkmark$ $\checkmark$ $\checkmark$ $\checkmark$ (1 star = least favorite; 5 stars = most favorite)			
Warm-Up or Cool Down Exercise Name:		Sets:	Reps:	Time:
WHAT I LIKED ABOUT THIS WARM-UP:	WHA	<u>I</u> AT I WILL CHA	I NGE FOR NEXT	<u> </u> ГТІМЕ:
Warm-Up Variation:	Wai			
DATE STARTED/// Warm-Up or Cool Down Exercise Name:		(I star = least i	avorite; 5 stars = mo	Time:
WHAT I LIKED ABOUT THIS WARM-UP:	WHA	T I WILL CHA	 NGE FOR NEXT	TIME:

#### MusicNotes

Song Type/Use:	Song Tempo: (Slow, Medium, Fast or BPM)	
	Song Type/Use:	



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