

# Working on you!

You have all this free time now, why not work on you?  
Here is a tool to help you out on your journey!



# Progress Tracker

Name:

Today's Date:

The skill I'm working on...

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Today, I worked on...							
Tomorrow I will...							

*\*\*For children ages 5-11*

# Progress Tracker (example)

Name:

Today's Date:

The skill I'm working on... Balancing

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Today, I worked on...	Standing on one foot for 5 seconds	Standing on one foot for 12 seconds (10 was too easy)	Reaching to the sky while standing on one foot for 12 seconds	Standing on one foot with my eyes closed for 9 seconds	Reaching with a straight leg behind me	Standing on one foot on tippy toes for 7 seconds	My family timed me and I stood on one foot for 28 seconds
Tomorrow I will...	I will try for 10 seconds	I will add lifting my hands over my head	I will try with my eyes closed	I will try to straighten my lifted leg behind me	I will try to stand on one leg on tippy toes	I will show my family my best balance.	I will try tip toes again that was the hardest for me

My thoughts: Balancing is fun. The best was when I stood on one foot for 28 seconds and everyone cheered for me. I did not know I could do it that long. I think this will help me a lot when I go snowboarding next time.