

# 2019 SPRING BREAK CHALLENGE

TRACKER SHEET

## HOW TO GET A CHANCE TO WIN A FREE JFSOD RECITAL 2019 T-SHIRT...

To help us all stay mindful (and prep for recital), we challenge you to complete 5 small tasks every day of spring break. Every time you complete one of the daily challenges, give yourself a check mark for the day. Add any bonus points to the bottom box.



Get your heart pumping for 10 minutes per day = 1 point



Drink your recommended amount of water per day = 1 point



Stretch/foam roll for 10 minutes per day = 1 point



Review your recital dances 1 time per day = 1 point



Sleep 7.5 hours per day = 1 point



MARCH 30

- ☐ Move your body
- ☐ Stretch/foam roll
- ☐ Drink water
- ☐ Review dances
- ☐ Sleep
- ☐ Bonus points:

MARCH 31

- ☐ Move your body
- ☐ Stretch/foam roll
- ☐ Drink water
- ☐ Review dances
- ☐ Sleep
- ☐ Bonus points:

APRIL 1

- ☐ Move your body
- ☐ Stretch/foam roll
- ☐ Drink water
- ☐ Review dances
- ☐ Sleep
- ☐ Bonus points:

APRIL 2

- ☐ Move your body
- ☐ Stretch/foam roll
- ☐ Drink water
- ☐ Review dances
- ☐ Sleep
- ☐ Bonus points:

APRIL 3

- ☐ Move your body
- ☐ Stretch/foam roll
- ☐ Drink water
- ☐ Review dances
- ☐ Sleep
- ☐ Bonus points:

APRIL 4

- ☐ Move your body
- ☐ Stretch/foam roll
- ☐ Drink water
- ☐ Review dances
- ☐ Sleep
- ☐ Bonus points:

APRIL 5

- ☐ Move your body
- ☐ Stretch/foam roll
- ☐ Drink water
- ☐ Review dances
- ☐ Sleep
- ☐ Bonus points:

APRIL 6

- ☐ Move your body
- ☐ Stretch/foam roll
- ☐ Drink water
- ☐ Review dances
- ☐ Sleep
- ☐ Bonus points:

APRIL 7

- ☐ Move your body
- ☐ Stretch/foam roll
- ☐ Drink water
- ☐ Review dances
- ☐ Sleep
- ☐ Bonus points:

DUE 4/12/19 // WINNERS ANNOUNCED 4/17/19 // GOOD LUCK!