

Start time	Enter your name	What part of this week's progress in meeting or exceeding goals are you most proud of and why?	What were some of your most powerful learning moments and what made them so?	What were some of your most challenging moments and what made them so?	What most got in the way of your progress, if anything? What would you do differently if you were to approach the same problem again?	What is the most important thing you learned personally this week, and how will you use what you've learned in the future?	Please input any further comments or questions here.	
2/10/21 20:18:25	Isabelle Bailey	I set a goal to be able to remember all the warm up combinations that were new to me.	When I can take a component that I have learned from a previous class and then apply it to what I'm doing in the moment, that is my most powerful learning moment in class, that is easier.	I find it a little challenging to differentiate between your right vs left side, especially when turning but the process of getting to the floor when I do it still needs work.	Nothing got in the way of progress this week.	I learned that closing my eyes when I dance gets me dizzy pretty quickly so I'll not do that anymore!	No further comments	
2/11/21 2:22:05	Kaylee Ortiz	I set myself to get my body used to moving again. It has been tense and slowly it is feeling comfortable again.	I am proud of my balance because it helps me keep my feet on the ground.	Learning about the different body muscles was using.	Trying to stretch my back to the floor when I do it still needs work.	I learned do hydrate. Drink water as much as you can.	No comment	
2/11/21 2:29:35	Kaylee Ortiz	I set myself to stretch better.	I am proud of how I have got a little more flexible than before.	To stretch and don't do too much to your body if you do not need to do so.	To learn a combination from zoom.	I learned to be a little patient with myself.	No comment	
2/11/21 16:56:07	Emma Milligan	Working on my hip flexibility.	I am proud of my improvement in my leg strength. I feel a difference already when dancing. Also, I am able to now touch my chest to the floor when doing the middle split stretch. I was always an inch from the ground and now I can finally do it!	Learning about how much tension I was storing in my body when doing certain movements. I was surprised because it was a ah ha moment.	Memorizing was a challenge this week. Wasn't feeling my best during this week, next week will be better.	Just my own thoughts. I will get some good rest and meditate, kind of like a reset.	I do not have any.	
2/11/21 18:42:27	Goob	The goal I set was to engage my muscles to balance better during floor work.	I am proud of my improvement in my leg strength. I feel a difference already when dancing. Also, I am able to now touch my chest to the floor when doing the middle split stretch. I was always an inch from the ground and now I can finally do it!	Learning about how much tension I was storing in my body when doing certain movements. I was surprised because it was a ah ha moment.	Memorizing was a challenge this week. Wasn't feeling my best during this week, next week will be better.	Just my own thoughts. I will get some good rest and meditate, kind of like a reset.	I do not have any.	
2/11/21 21:48:45	Whitney	I wanted to get more of a stretch in my back. Being able to learn choreography on both sides.	I am proud of getting more flexible with all the stretching.	Learning that its okay to be at a different level than other people when stretching.	My most challenging moment was remembering a combo we did on the floor.	nothing got in the way! just need more practice.	personally I learned that not everyone at the same flexibility and its okay not to be extremely flexible.	
2/12/21 1:44:56	Myrre	The same goal for last week.	Having more balance.	Practicing Flexibility.	None at the moment.	N/A	N/A	
2/12/21 10:23:14	Marcia	I stayed focused during the virtual demonstration because of the distractions in my current environment.	I found myself already feeling slightly more warmed-up and loose rather than feeling like I was pushing myself to be flexible.	That once you get through a sequence of movements, like the swing exercise, it can be difficult to get back on track with every exercise.	Keeping my balance, and being spatially aware in my kitchen. When you are working in a space that has you surrounded by fragile items, you can become overly cautious and not do as well as you otherwise would.	Missing the first class of the week for medical reasons probably got in the way of my progress since I had missed some things. If I were to not miss another class, I would make sure to rewatch the recorded class before the next one.	that setting smaller goals is more beneficial than setting same old long goals in some ways.	No questions.
2/12/21 11:13:19	Kay Athanasiy	To begin memorizing more of the exercises.	The goal I set was to execute stretches correctly and breath through them.	I was most proud of doing both legs of push-ups.	Being able to understand the combination given without hurting myself more.	My lowerback flare up.	Rest is key.	no
2/12/21 12:20:06	Milace Francis	To be more focused in this class.	I was proud of myself for pushing through the combos and for not having to stop as much in pain.	I'm not really sure, but most memorable this week it was trying to record so that's fun.	My hip pain and learning via zoom. My pain is always a struggle and zoom it's hard because I get confused with what arm and leg to use.	No issue besides pain for me.	I'm really learning to trust my body and know what my limitations are that that will really help me in the long run.	Nothing that I can think of.
2/12/21 12:49:41	Christy A. Worrell Klabeber	To be more focused in this class.	I was proud of myself for pushing through the combos and for not having to stop as much in pain.	I'm not really sure, but most memorable this week it was trying to record so that's fun.	My hip pain and learning via zoom. My pain is always a struggle and zoom it's hard because I get confused with what arm and leg to use.	No issue besides pain for me.	I'm really learning to trust my body and know what my limitations are that that will really help me in the long run.	Nothing that I can think of.
2/13/21 10:06:55	Morgan	To push through the pain.	I stayed focused during the virtual demonstration because of the distractions in my current environment.	being able to complete the combination given that day without any physical discomfort.	dealing with lower back flare up and stretching it out.	find ways to ease my back pain.	I have to talk every step one at a time.	nope
2/15/21 12:30:03	Christy A. Worrell Klabeber	To be more productive.	this week I loved doing the dancer workout videos. I did the same video, tabata hip hop for 30 mins, and I LOVED it. I normally LOVE tabata and I'm not much of a hip hopper but enjoyed it so much. I loved the feeling of being better each time I did the video and my future goal is to be able to do the whole thing without giving up and I needed some additional breaking this week.	heavily I loved the time bit of information I got about my hips at the end of class because no one ever really told me to keep them right when I was done class.	My biggest challenge this week was my sore feet. From all the standing in place the issue on the soles of my feet are getting really sore and causing me to walk poorly for a while.	My sore feet definitely got in the way of my progress. I think I will try taking off my ballet shoes because it seems that the pads on the bottom of them are causing the injury.	I know that this weeks class weren't what they will be in the future but I just wanted to say that I loved the hour in class and 45 mins outside being focused, having fun, and knowing where my limits are as a dancer.	
2/17/21 14:16:13	Morgan D	I've been dancing each day in my dorm in addition to class and I was able to do a full dance video after the Wednesday class, which was a full 45 minute dance routine. And plus, I really enjoy the style of dancing I'm doing in these videos.	I heard from watching the other students this week. It was nice to have several people to watch at different angles around me instead of just the screen.	My biggest challenge this week was my sore feet. From all the standing in place the issue on the soles of my feet are getting really sore and causing me to walk poorly for a while.	My sore feet definitely got in the way of my progress. I think I will try taking off my ballet shoes because it seems that the pads on the bottom of them are causing the injury.	I don't feel like I learned anything too important this week.	No further comments.	
2/17/21 16:28:48	Isabelle Bailey	I didn't set any goals this week.	I am proud of remembering choreography from like a week or two ago and being able to do it now on both sides.	Going across the floor, I would turn around and continue with the movement.	were times I was looking get a bit creative, I would move back and forth due to the lack of space or I would turn around and continue with the movement.	Being cooped up in my room while dancing.	n/a	When are we going to do this little choreography that you gave us a while back?
2/18/21 19:45:17	Myrre	to keep going even when you mess up.	I am proud of remembering choreography from like a week or two ago and being able to do it now on both sides.	Going across the floor, I would turn around and continue with the movement.	were times I was looking get a bit creative, I would move back and forth due to the lack of space or I would turn around and continue with the movement.	Being cooped up in my room while dancing.	n/a	When are we going to do this little choreography that you gave us a while back?
2/19/21 11:38:51	Whitney Terrill	I wanted to be able to get through a whole workout reel without getting up.	I am proud of being able to get through a workout reel without giving half way through.	I noticed I'm starting to become more flexible.	Stretch everyday even if you're not in class.	Being scared to take risks.	N/A	N/A
2/19/21 11:57:03	Marcia	Practice Flexibility	Worked on a foot exercise, after our in person classes, that was on YouTube really helped to start building up my foot muscles for jumps. In class working on sharpness and growing in a position also worked towards my goal for the week.	Felt good to work through all the muscles and refine the motions. It's important to take the time to let the muscles review what they know.	Not watching the other people doing the workouts. In the past I wasn't confident in my memory, now I trust my memory better.	Focusing was a little tricky this week, going to make sure to eat more fruit and protein before class, and drinking more water.	The proper positioning for the g-spot was. Was not squaring myself with the wall for the second of the last C-curve.	I do not have any questions.
2/19/21 11:11:11	Emma Milligan	Building up muscles for jumps and focusing on maturing through the floor with the foot.	I am proud of how much my body has been getting used to dancing again, it has helped to practice.	To see that some body parts of mine that can barely stretch are now becoming more loose.	To keep my balance and stay on my feet when doing turns.	My balance and I would do it a little slower than usual.	I learned personally that I just need to be patient with myself.	no comment
2/19/21 12:38:13	Kaylee Ortiz	To be more flexible and less busy.	I think the process is going well. I am this because my body is starting to get accustomed to the exercise. The goal I am proud of exceeding was being able to do the practice backwards a faster tempo. I was scared of falling on my butt in front of everyone.	that timing and catching the right counts are now because of the fact you gave after I almost started on the wrong beat.	being able to balance during the arabesque, the grand battement, and sometimes the plies. I feel like I'm doing it wrong all the time.	I don't have an answer for this question yet.	how to build strength in my legs, core, and arms. I say this because I build strength in those places, I would be able to hold the exercises better.	not yet
2/21/21 17:15:00	Christy A. Worrell Klabeber	The goal I set was to stretch better before class.	This week I did exceeded stretching before class. I made sure to do the exercises so I felt better coming into class this week.	My most powerful moments were when I was able to do the across the floor exercises well.	My weakest moments this week was my balance. I notice that my balance was off this week and that I wasn't feeling my best physically.	I would go to bed earlier and try to do more exercises during the week.	I learned this week to pay close attention to my arm shape when doing across the floor work.	I don't have a strong dancing week.
2/21/21 23:33:17	Goob	I am very into having my arms curved when in second position. This past week warm ups have helped me practice keeping them straight.	I think it is so helpful when you correct me because one of my best moments was when I was finally able to recognize when I was wrong and keep them straight.	Friday when we went right into warm ups was a bit challenging. Not that I was able to do but I just wasn't expecting it.	I've learned that its better for me when I can see what I'm doing to correct myself at the end. I try to think things I like doing better than things I don't like doing.	personally I have learned that I am capable of doing something good as the next. I try to think that will help me in the future to just be me.	N/A	
2/21/21 11:01:01	Sarah Zoller	practice strengthening my arms	I am proud of my improvement in my leg strength. I feel a difference already when dancing. Also, I am able to now touch my chest to the floor when doing the middle split stretch. I was always an inch from the ground and now I can finally do it!	Learning about how much tension I was storing in my body when doing certain movements. I was surprised because it was a ah ha moment.	Memorizing was a challenge this week. Wasn't feeling my best during this week, next week will be better.	Just my own thoughts. I will get some good rest and meditate, kind of like a reset.	I do not have any.	