

KO 10-2-1 Weekly Record Sheet

In the table below, players can record their daily/weekly progress at each given skill.

Skill	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Fast Feet							
Triangles							
Drag-Push							
Inside-Outside							
Fast Feet Step over							
Double Taps							
Body Triangle							
Squeeze Push							
Drag Stop							
Juggles							