

Home recording sheet

Starfish

Date	Time spent	Comments

Summary of goals

Tick the box when these goals for Starfish are achieved

Goal 1	Straighten your arms and legs smoothly and return them with the correct arm and leg on top (right over left for arms and legs, or left over right for arms and legs)	
Goal 2	Straighten your arms and legs smoothly and return them with the correct arm and leg on top (right over left for arms and left over right for legs, and vice versa)	
Goal 3	Straighten your arms and legs smoothly and return them with the correct arm and leg on top (not-same position of arms and legs, swapping the overlap of arms and legs on the return)	