

Home recording sheet

Lizard

Date	Time spent	Comments

Summary of goals

Tick the box when these goals for lizard are achieved

Goal 1	Straighten the arm, while unfolding the fist and bending the leg upwards so that all movements start and finish at the same time.	
Goal 2	Straighten the arm, while unfolding the fist and bending the opposite leg upwards so that all movements start and finish at the same time.	