



30-DAY CHOREO CHALLENGE

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
Create a piece that is entirely seated	Choreo a piece in your bathroom and film into the mirror	Create work that only uses your lower body	Car-ography!	Write down three ideas for a concept video
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
Draft a storyboard for one of the concept video ideas	Improv to a song you strongly dislike	Improv to a song you love	Free write for 3 min on the difference improving to music you like/dislike	Create a piece with a single movement per count
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
Create a piece with movements that lasts 4+ counts each	Choreograph a piece that only uses your arms	Write 3 ideas for a music video	Pick one of the ideas and write a short treatment for it	Take a break from creating
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
Watch 3 pieces of choreo from a new-to-you choreographer	Read about lighting for stage	Choreo a short piece that is lighting dependent	Improvise without music	Reflect on your music-less improvisation. Write about it.
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
Learn someone else's choreography	Free write for 3 min about how that choreo felt in your body	Choreo a piece that is heavy in texture	Choreo a piece that is rolling in essence	Improv to music with no lyrics
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30
Hold a prop of your choice. Create a work where you can not put it down.	Choreo with a partner	Write about what is different choreographing alone vs together	Choreo for yourself	Share what you have learned about yourself