

**Target Area**

Fill in Below

Ideas: [Click here](#) 

**Goal**

Fill in Below

**Strategy**

Fill in Below

Visual: [Click here](#) 

**Purpose**

Fill in Below

Visual: [Click here](#) 

**Performance Stages**

Prep Moments During After  
Prior


Prep	Moments Prior	During	After

*\*To be used later in the program*



## Target Area

examples

Environment  
Exams  
Relationships  
Foreign Language  
Student Council  
Sports  
Clubs/Organisations  
Volunteering  
Peer Tutoring  
Studying Abroad  
Fundraising  
Gym  
Yoga  
Pilates  
Art

Music  
Community Service  
Photography  
Podcasting  
YouTube Channel  
Drawing/Sketching  
Nature  
Painting  
Weaving  
Blogging  
Embroidery  
Performing Arts  
Food Blog  
Fashion  
Graphic Design

Mixed Media Art  
Metalworking  
Carpentry  
Poetry  
Videography  
Theatre  
Animal care  
Drama  
Internship  
Economics  
Martial Arts  
Business  
Piano  
Cooking  
Debating

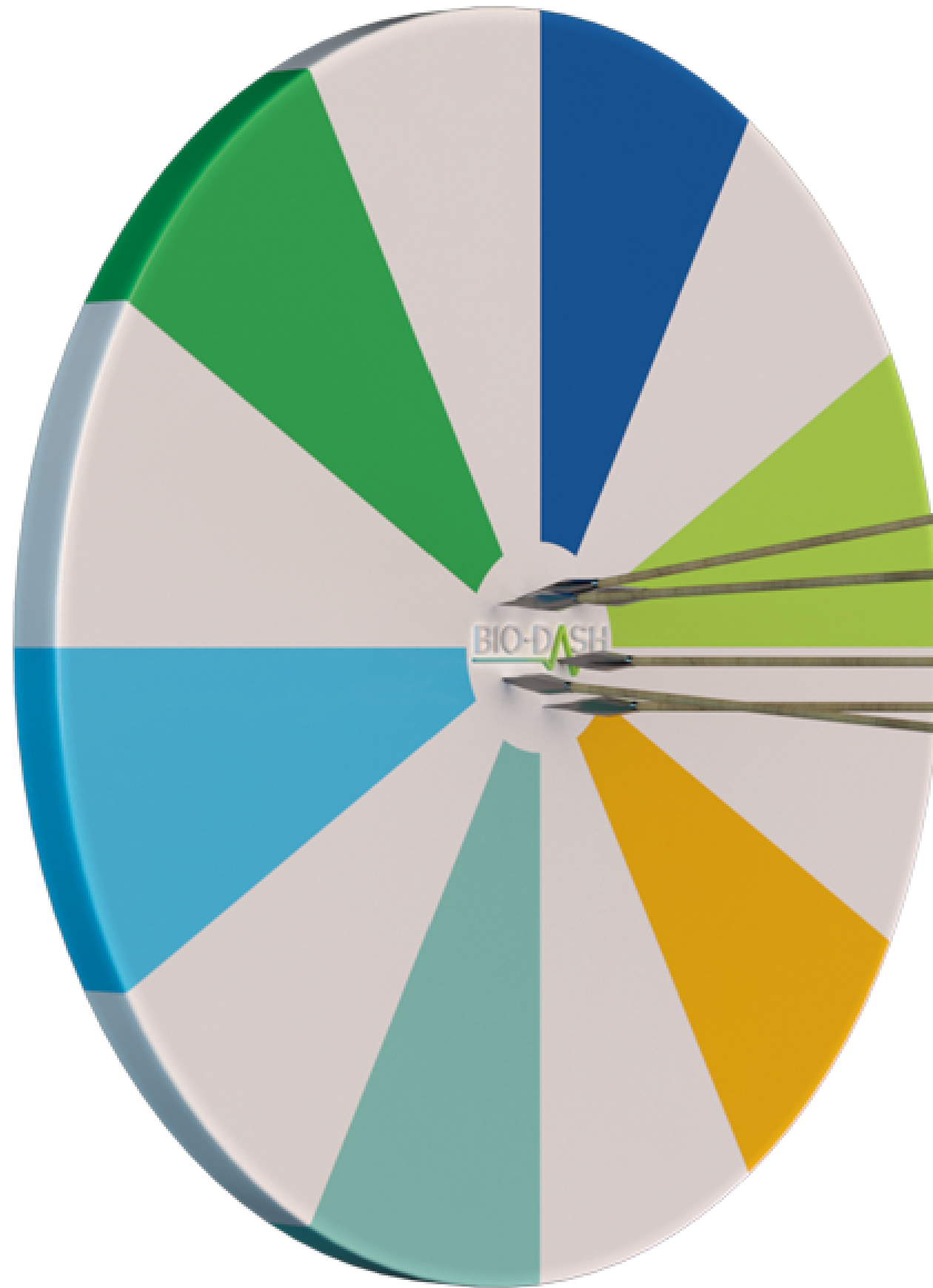
... and so many more



# STRATEGY

Refer to your Bio-Dash Toolkit to choose a strategy from one of these themes





# Purpose

Relaxation (R)

Focus (F)

Motivation (M)

Other (O)

