

Practice Journal

Name _____ Classroom Teacher _____ Date _____

Try to practice 10-20 minutes at least 5 days each week & check off each day you had a quality practice session

IDENTIFY & DECIDE: What do I need to practice this week?

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Quality Practice							

EXECUTE: What practice strategies did you use this week? (Use your practice strategies list to help.)

ANALYZE: Write a reflection on this week's practice. Feel free to use these questions to help you think (you don't have to answer them all): What parts did you enjoy? What did you struggle with? What improved? Do you have a goal for next week? Do you have any questions to bring up in class?

Parent Signature: _____ Date _____