Try to practice 10-20 minutes at least 5 days each week &

check off each day you had a quality practice session

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| **IDENTIFY & DECIDE:** What do I need to practice this week? | | | | | | | |
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| Day | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| Quality Practice |  |  |  |  |  |  |  |
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| **EXECUTE:** What practice strategies did you use this week? (Use your practice strategies list to help.) | | | | | | | |
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| **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 \_\_\_\_\_\_\_\_\_\_\_\_