

# Practice Journal

# WEEK

What to Practice:		Mon ✓	Tue ✓	Wed ✓	Thur ✓	Fri ✓	Sat ✓	Sun ✓
★	WARM-UP:							
1.								
2.								
3.								
4.								
5.								
6.								
7.								
8.								
9.								
10.								
11.								
12.								

Goals / Notes / Questions / Brainstorming that came up during practicing:

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