

# Weekly Practice Log

STUDENT \_\_\_\_\_ WEEK START \_\_\_\_\_ MIN / DAY GOAL \_\_\_\_\_

## THIS WEEK'S EXERCISES (SET IN LESSON)

- \_\_\_\_\_ TARGET BPM \_\_\_\_\_
- \_\_\_\_\_ TARGET BPM \_\_\_\_\_
- \_\_\_\_\_ TARGET BPM \_\_\_\_\_
- \_\_\_\_\_ TARGET BPM \_\_\_\_\_

## DAILY LOG

DAY	DATE	MINS	EXERCISES PRACTICED	BPM	FELT (1-5)
MON					
TUE					
WED					
THU					
FRI					
SAT					
SUN					

TOTAL MINS THIS WEEK \_\_\_\_\_ DAYS PRACTICED \_\_\_\_\_ BIGGEST WIN \_\_\_\_\_

## HOW DID THE WEEK FEEL?

- 1 – frustrating     2 – bitty     3 – solid     4 – good     5 – flow state

## QUESTIONS / THINGS TO ASK YOUR TEACHER

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REWARD FOR HITTING THE WEEK'S GOAL \_\_\_\_\_