



SEPTEMBER PRACTICE CHART

My Practice Goal: I will practice for _____ minutes for _____ days per week! Parent initials:

Record the number of minutes practiced on each date on the calendar, then add up the total for each week.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Weekly Total & Parent Initials |
|--------|--------|---------|-----------|----------|--------|----------|--------------------------------|
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Monthly Total: I practiced for _____ minutes in September!

OCTOBER PRACTICE CHART

My Practice Goal: I will practice for _____ minutes for _____ days per week! Parent initials:

Record the number of minutes practiced on each date on the calendar, then add up the total for each week.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Weekly Total & Parent Initials |
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Monthly Total: I practiced for _____ minutes in October!



NOVEMBER PRACTICE CHART

My Practice Goal: I will practice for _____ minutes for _____ days per week! Parent initials:

Record the number of minutes practiced on each date on the calendar, then add up the total for each week.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Weekly Total & Parent Initials |
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Monthly Total: I practiced for _____ minutes in November!

DECEMBER PRACTICE CHART

My Practice Goal: I will practice for _____ minutes for _____ days per week! Parent initials:

Record the number of minutes practiced on each date on the calendar, then add up the total for each week.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Weekly Total & Parent Initials |
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Monthly Total: I practiced for _____ minutes in December!



JANUARY PRACTICE CHART

My Practice Goal: I will practice for _____ minutes for _____ days per week! Parent initials:

Record the number of minutes practiced on each date on the calendar, then add up the total for each week.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Weekly Total & Parent Initials |
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Monthly Total: I practiced for _____ minutes in January!

FEBRUARY PRACTICE CHART

My Practice Goal: I will practice for _____ minutes for _____ days per week! Parent initials:

Record the number of minutes practiced on each date on the calendar, then add up the total for each week.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Weekly Total & Parent Initials |
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Monthly Total: I practiced for _____ minutes in February!



MARCH PRACTICE CHART

My Practice Goal: I will practice for _____ minutes for _____ days per week! Parent initials:

Record the number of minutes practiced on each date on the calendar, then add up the total for each week.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Weekly Total & Parent Initials |
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Monthly Total: I practiced for _____ minutes in March!

APRIL PRACTICE CHART

My Practice Goal: I will practice for _____ minutes for _____ days per week! Parent initials:

Record the number of minutes practiced on each date on the calendar, then add up the total for each week.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Weekly Total & Parent Initials |
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Monthly Total: I practiced for _____ minutes in April!



MAY PRACTICE CHART

My Practice Goal: I will practice for _____ minutes for _____ days per week! Parent initials:

Record the number of minutes practiced on each date on the calendar, then add up the total for each week.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Weekly Total & Parent Initials |
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Monthly Total: I practiced for _____ minutes in May!

JUNE PRACTICE CHART

My Practice Goal: I will practice for _____ minutes for _____ days per week! Parent initials:

Record the number of minutes practiced on each date on the calendar, then add up the total for each week.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Weekly Total & Parent Initials |
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Monthly Total: I practiced for _____ minutes in June!



JULY PRACTICE CHART

My Practice Goal: I will practice for **minutes for** **days per week! Parent initials:**

Record the number of minutes practiced on each date on the calendar, then add up the total for each week.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Weekly Total & Parent Initials |
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Monthly Total: I practiced for minutes in July!

AUGUST PRACTICE CHART

My Practice Goal: I will practice for **minutes for** **days per week! Parent initials:**

Record the number of minutes practiced on each date on the calendar, then add up the total for each week.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Weekly Total & Parent Initials |
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Monthly Total: I practiced for minutes in August!

you only need to

PRACTICE
on the days that
you eat

&

one day at a time

you will get a tiny bit better

at what you

PRACTICE