

Weekly Practice Tracker

Small steps, faithfully repeated, become music

Name: _____

Week of: _____

DAY	MINUTES	WHAT I PRACTICED	HOW IT FELT
Monday	_____	_____	☐ Great ☐ Okay ☐ Tough
Tuesday	_____	_____	☐ Great ☐ Okay ☐ Tough
Wednesday	_____	_____	☐ Great ☐ Okay ☐ Tough
Thursday	_____	_____	☐ Great ☐ Okay ☐ Tough
Friday	_____	_____	☐ Great ☐ Okay ☐ Tough
Saturday	_____	_____	☐ Great ☐ Okay ☐ Tough
Sunday	_____	_____	☐ Great ☐ Okay ☐ Tough

This week's goal: _____

One win I'm proud of: _____