

WHEN WILL YOU PRACTICE THIS WEEK?

Schedule your 2 hours of daily practice (6 days) for the week of _____ and stick to it!!!

	MON	TUE	WED	THU	FRI	SAT	SUN
6:00-7:00 AM							
7:00-8:00 AM							
8:00-9:00 AM							
9:00-10:00 AM							
10:00-11:00 AM							
11:00 AM - 12 noon							
12:00 - 1:00 PM							
1:00-2:00 PM							
2:00-3:00 PM							
3:00-4:00 PM							
4:00-5:00 PM							
5:00-6:00 PM							
6:00-7:00 PM							
7:00-8:00 PM							
8:00-9:00 PM							
9:00-10:00 PM							
10:00-11:00 PM							
11:00 PM - 12 midnight							