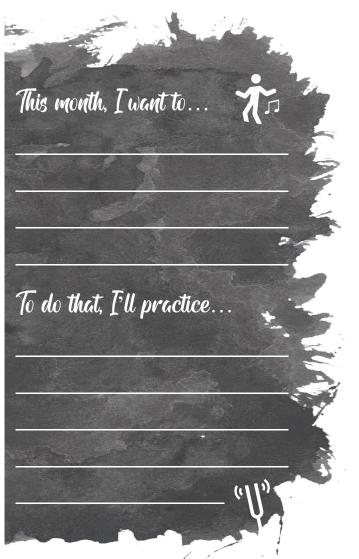


Practice Planner



Created by Matt Fichter 2020

	Week 1	Week 2	(Veek 3	Week 4
	150 min	150 min	150 min	150 min
	140	140	140	140
	130	130	130	130
	120	120	120	120
	110	110	110	110
	100	100	100	100
	90	90	90	90
	80	80	80	80
	70	70	70	70
	60	60	60	60
	50	50	50	50
	40	40	40	40
	30	30	30	30
	20	20	20	20
	10 min	10 min	10 min	10 min
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