

Practice Planner

This month, I want to...



To do that, I'll practice...



Week 1	Week 2	Week 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