Weekly Practice

SUNDAY

Date: _____

- ○ _____
- ○ _____
- ○ _____
- ○ _____

MONDAY

Date: _____

- ○ _____
- ○ _____
- ○ _____
- ○ _____

TUESDAY

Date: _____

- ○ _____
- ○ _____
- ○ _____
- ○ _____

WEDNESDAY

Date: _____

- ○ _____
- ○ _____
- ○ _____
- ○ _____

THURSDAY

Date: _____

- ○ _____
- ○ _____
- ○ _____
- ○ _____

FRIDAY

Date: _____

- ○ _____
- ○ _____
- ○ _____
- ○ _____

SATURDAY

Date: _____

- ○ _____
- ○ _____
- ○ _____
- ○ _____

GOALS

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____

WHAT WENT WELL THIS WEEK

PRACTICE NEXT WEEK

Reflection

Weekly Practice

MONDAY

Date: _____

- ○ _____
- ○ _____
- ○ _____
- ○ _____

TUESDAY

Date: _____

- ○ _____
- ○ _____
- ○ _____
- ○ _____

WEDNESDAY

Date: _____

- ○ _____
- ○ _____
- ○ _____
- ○ _____

THURSDAY

Date: _____

- ○ _____
- ○ _____
- ○ _____
- ○ _____

FRIDAY

Date: _____

- ○ _____
- ○ _____
- ○ _____
- ○ _____

SATURDAY

Date: _____

- ○ _____
- ○ _____
- ○ _____
- ○ _____

SUNDAY

Date: _____

- ○ _____
- ○ _____
- ○ _____
- ○ _____

GOALS

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____

WHAT WENT WELL THIS WEEK

PRACTICE NEXT WEEK

Reflection