WEEKLY PRACTICE LOG

CONSISTENCY TODAY. MASTERY TOMORROW.

NAME: _____ WEEK OF: ___ / ___ / ___ to ___ / ___ / ___

FOCUS AREA / SKILL: _____ GOAL THIS WEEK: _____

DAY	TIME PRACTICED (HOURS / MINUTES)	WHAT I PRACTICED (Topics / Tasks / Skills)	FOCUS / INTENTION (What I wanted to work on)	HOW IT WENT (1–5 Rating) or Notes	KEY TAKEAWAYS & NEXT STEPS (What I learned / What I'll do next)
MON / /					
TUE / /					
WED / /					
THU / /					
FRI / /					
SAT / /					
SUN / /					

WEEKLY REVIEW

What went well this week?

What could I improve?

What will I focus on next week?

WEEKLY STATS

Total Practice Time:

HOURS : MINUTES

Number of Sessions:

Longest Session:

HOURS : MINUTES

Consistency:

☐ Excellent ☐ Good ☐ Fair ☐ Needs Work

NOTES

"Small, focused practice each day creates extraordinary results over time."

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