

PRACTICE LOG

Progress is built one practice at a time.

NAME: _____

WEEK OF: ____ / ____ / ____ to ____ / ____ / ____

FOCUS / SKILL: _____

WEEKLY GOAL: _____

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 REFLECTION

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

“

Discipline today. Mastery tomorrow.

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