

PRACTICE PLANNER FOR:

Practice plan for the week

| | Emotional Check-in | | | | |
|-----------|--------------------|--|--|--|--|
| Monday | | | | | |
| Tuesday | | | | | |
| Wednesday | | | | | |
| Thursday | | | | | |
| Friday | | | | | |
| Saturday | | | | | |
| Sunday | | | | | |



(60Mins)



(30Mins)



(45Mins)



(10Mins)

Rules of the game:

- * Please insert shapes in chart.
- * No Practice allowed on Lesson day.
- * No more than a max 50% of total weekly goal to be practised on a single day.