

PRACTICE PLANNING WORKSHEET

#1

I want to practice...

Definition of success

3 =

2 =

1 =

0 =

MONDAY

Practice #1 =

Practice #2 =

Practice #3 =

Total =

TUESDAY

Practice #1 =

Practice #2 =

Practice #3 =

Total =

WEDNESDAY

Practice #1 =

Practice #2 =

Practice #3 =

Total =

THURSDAY

Practice #1 =

Practice #2 =

Practice #3 =

Total =

FRIDAY

Practice #1 =

Practice #2 =

Practice #3 =

Total =

SATURDAY

Practice #1 =

Practice #2 =

Practice #3 =

Total =

SUNDAY

Practice #1 =

Practice #2 =

Practice #3 =

Total =

#3

I want to practice...

Definition of success

3 =

2 =

1 =

0 =

9.

8.

7.

6.

5.

4.

3.

2.

1.

0.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY