

Name: _____

Teacher: _____

Date	Mins.	What I practiced	P/G
Total Minutes			

Date	Mins.	What I practiced	P/G
Total Minutes		Grand Total Minutes 2 Weeks	

	Level 4	Level 3	Level 2	Level 1
Time in minutes	420 or more	280	210	140 or less

For optimal results, practicing at least 20 minutes a day is recommended