

SKILL BEING PRACTICED Down GOAL 6 PER 30sec

Practice # Day	1	2	3	4	5	6	7	8	9	10
<i>Monday, 9/5</i>	2	3	2	1	3	3				
<i>Tuesday, 9/6</i>	3	3	4	3						
<i>Weds, 9/7</i>	3	4	4	3	5					
<i>Thurs, 9/8</i>	4	4	5	3	5	5	5			
<i>Friday, 9/9</i>	5	5	4	5	6	4				
<i>Sat, 9/10</i>	5	5	5	6						
<i>Sunday, 9/11</i>	6	5	6	6	6	5	6	6		

USE OF TRAINING CHART:

1. Choose a skill to practice and write it on the top line.
2. Choose a goal for that skill to accomplish by the end of the week and write it on the top line.
3. Write in the days/dates in the columns going down the left side of the chart.
4. Each practice session for each day, document your results in the columns numbered 1-10.