

# Practice Chart



**Sunday**   **Monday**   **Tuesday**   **Wednesday**   **Thursday**   **Friday**   **Saturday**

_____	_____	_____	_____	_____	_____	_____	I met my goal!
_____	_____	_____	_____	_____	_____	_____	I met my goal!
_____	_____	_____	_____	_____	_____	_____	I met my goal!
_____	_____	_____	_____	_____	_____	_____	I met my goal!