

# My Practice Journal

Today's Date: \_\_\_\_\_

How I feel before practice today (circle all that apply):



Other: \_\_\_\_\_

Today I am going to practice:

My biggest goal for today's practice is:

Time spent practicing today: \_\_\_\_\_

What I did the best during my practice today:

What else I did well during my practice today:

What I want to improve:

In my next lesson, I need to ask/talk about:

How I'm feeling after practicing today:



Other: \_\_\_\_\_