

# PRACTICE JOURNAL

Name \_\_\_\_\_

Students should enter times (in minutes) they worked on their weekly focus items (2).

<b>WEEK ONE</b>				Dates			
Weekly Focus (2)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>WEEK TWO</b>				Dates			
Weekly Focus (2)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>WEEK THREE</b>				Dates			
Weekly Focus (2)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>WEEK FOUR</b>				Dates			
Weekly Focus (2)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>WEEK FIVE</b>				Dates			
Weekly Focus (2)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>WEEK SIX</b>				Dates			
Weekly Focus (2)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>WEEK SEVEN</b>				Dates			
Weekly Focus (2)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>WEEK EIGHT</b>				Dates			
Weekly Focus (2)	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>WEEK NINE</b>				Dates			
Weekly Focus (2)	Mon	Tue	Wed	Thu	Fri	Sat	Sun

## SELF-ASSESSMENT

Using the space below, students should write specifically about how they improved their performance over the last nine weeks.
