# PRACTICE JOURNAL

THIS PRACTICE FELT...

Awesome | Good | Okay | Not good | Horrible

**What did I practice?**

**I had problems with...**

THIS PRACTICE FELT...

Awesome | Good | Okay | Not good | Horrible

**What did I practice?**

**I had problems with...**

THIS PRACTICE FELT...

Awesome | Good | Okay | Not good | Horrible

**What did I practice?**

**I had problems with...**

THIS PRACTICE FELT...

Awesome | Good | Okay | Not good | Horrible

**What did I practice?**

**I had problems with...**

**This Weeks Goal:**

Days of Practice _____

Length of Practice _____

THIS PRACTICE FELT...

Awesome | Good | Okay | Not good | Horrible

**What did I practice?**

**I had problems with...**