Daily Practice Record

My goal for the week:

I am willing to spend _____ minutes/day taking steps toward this goal.

List of Possible Steps:

1.
2.
3.
4.
5.
6.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Steps taken:	Steps taken:	Steps taken:	Steps taken:	Steps taken:	Steps taken:	Steps taken:
Experience or result:	Experience or result:	Experience or result:	Experience or result:	Experience or result:	Experience or result:	Experience or result: