

## 5 KEY DECISIONS FOR YOUR

# PRACTICE ROUTINE

BE SPECIFIC AND MEASURABLE YOUR PRACTICE ROUTINE.  
THIS WILL HELP YOU FOCUS THIS MONTH AND TRACK YOUR PROGRESS.  
WRITE YOUR MONTHLY GOAL IN A I WILL \_\_\_\_\_ BY \_\_\_\_\_ STATEMENT.

MONTHLY GOAL:

1. HOW OFTEN WILL I PRACTICE TO GET THE MOST OUT OF MY TIME?



2. HOW LONG WILL MY PRACTICE SESSIONS BE?



3. WHERE AND WHEN WILL I PRACTICE?



4. WHAT WILL I PRACTICE?



5. HOW WILL I TRACK MY PROGRESS?