PRACTICE LOG

A fun tool to help build positive habits while achieving lasting rewards



AUGUST 2026

Su	M	T	W	Th	F	Sa
Jul 26 ○	27 ○	28 ○	29 ○	30 ○	31 ○	1 ○
2 ○	3 ○	4 ○	5 ○	6 ○	7 ○	8 ○
9 ○	10 ○	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
23 ○	24 ○	25 ○	26 ○	27 ○	28 ○	29 ○
30 ○	31 ○					

☐ - Parents : Please initial spaces above ○ - Teachers please ✓ circle after awarding token

How To Earn Tokens :

Students can earn tokens for everyday they practice. Did not have time this week? Every student will also receive 1 token for coming to their music lesson. However, once they start developing their new practice habit they can earn up to 7 more tokens for practicing each day even if it is just for a few minutes. **Parents : Please initial the spaces above on the days they practice.**

How To Redeem Tokens :

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SEPTEMBER 2026

Su	M	T	W	Th	F	Sa
Aug 30 ○	31 ○	1 ○	2 ○	3 ○	4 ○	5 ○
6 ○	7 ○	8 ○	9 ○	10 ○	11 ○	12 ○
13 ○	14 ○	15 ○	16 ○	17 ○	18 ○	19 ○
20 ○	21 ○	22 ○	23 ○	24 ○	25 ○	26 ○
27 ○	28 ○	29 ○	30 ○			

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OCTOBER 2026

Su	M	T	W	Th	F	Sa
Sep 27 ○	28 ○	29 ○	30 ○	1 ○	2 ○	3 ○
4 ○	5 ○	6 ○	7 ○	8 ○	9 ○	10 ○
11 ○	12 ○	13 ○	14 ○	15 ○	16 ○	17 ○
18 ○	19 ○	20 ○	21 ○	22 ○	23 ○	24 ○
25 ○	26 ○	27 ○	28 ○	29 ○	30 ○	31 ○

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NOVEMBER 2026

Su	M	T	W	Th	F	Sa
1 ○	2 ○	3 ○	4 ○	5 ○	6 ○	7 ○
8 ○	9 ○	10 ○	11 ○	12 ○	13 ○	14 ○
15 ○	16 ○	17 ○	18 ○	19 ○	20 ○	21 ○
22 ○	23 ○	24 ○	25 ○	26 ○	27 ○	28 ○
29 ○	30 ○					

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DECEMBER 2026

Su	M	T	W	Th	F	Sa
Nov 29 ○	30 ○	1 ○	2 ○	3 ○	4 ○	5 ○
6 ○	7 ○	8 ○	9 ○	10 ○	11 ○	12 ○
13 ○	14 ○	15 ○	16 ○	17 ○	18 ○	19 ○
20 ○	21 ○	22 ○	23 ○	24 ○	25 ○	26 ○
27 ○	28 ○	29 ○	30 ○	31 ○		

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JANUARY 2027

Su	M	T	W	Th	F	Sa
Dec 27 ○	28 ○	29 ○	30 ○	31 ○	1 ○	2 ○
3 ○	4 ○	5 ○	6 ○	7 ○	8 ○	9 ○
10 ○	11 ○	12 ○	13 ○	14 ○	15 ○	16 ○
17 ○	18 ○	19 ○	20 ○	21 ○	22 ○	23 ○
24 ○	25 ○	26 ○	27 ○	28 ○	29 ○	30 ○
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FEBRUARY 2027

Su	M	T	W	Th	F	Sa
Jan 31 ○	1 ○	2 ○	3 ○	4 ○	5 ○	6 ○
7 ○	8 ○	9 ○	10 ○	11 ○	12 ○	13 ○
14 ○	15 ○	16 ○	17 ○	18 ○	19 ○	20 ○
21 ○	22 ○	23 ○	24 ○	25 ○	26 ○	27 ○
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MARCH 2027

Su	M	T	W	Th	F	Sa
Feb 28 ○	1 ○	2 ○	3 ○	4 ○	5 ○	6 ○
7 ○	8 ○	9 ○	10 ○	11 ○	12 ○	13 ○
14 ○	15 ○	16 ○	17 ○	18 ○	19 ○	20 ○
21 ○	22 ○	23 ○	24 ○	25 ○	26 ○	27 ○
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APRIL 2027

Su	M	T	W	Th	F	Sa
Mar 28 ○	29 ○	30 ○	31 ○	1 ○	2 ○	3 ○
4 ○	5 ○	6 ○	7 ○	8 ○	9 ○	10 ○
11 ○	12 ○	13 ○	14 ○	15 ○	16 ○	17 ○
18 ○	19 ○	20 ○	21 ○	22 ○	23 ○	24 ○
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MAY 2027

Su	M	T	W	Th	F	Sa
Apr 25 ○	26 ○	27 ○	28 ○	29 ○	30 ○	1 ○
2 ○	3 ○	4 ○	5 ○	6 ○	7 ○	8 ○
9 ○	10 ○	11 ○	12 ○	13 ○	14 ○	15 ○
16 ○	17 ○	18 ○	19 ○	20 ○	21 ○	22 ○
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JUNE 2027

Su	M	T	W	Th	F	Sa
May 30 ○	31 ○	1 ○	2 ○	3 ○	4 ○	5 ○
6 ○	7 ○	8 ○	9 ○	10 ○	11 ○	12 ○
13 ○	14 ○	15 ○	16 ○	17 ○	18 ○	19 ○
20 ○	21 ○	22 ○	23 ○	24 ○	25 ○	26 ○
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