

# PRACTICE LOG

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



JULY 2025						
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	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 :

The student's teacher will award the student with their tokens at the end of each music lesson. The student will then be able to deposit their token in our 'Token Bank' at the front desk. Here they can check their balance and save for an item found in our fun catalog of prizes.

## Practice Tips:

- Practice at a similar time each day.
- Practice musical passages or exercises by a set number of repetitions not for a number of minutes.
- Be sure to Relax and Warm Up! Start with something you already know and already feel good about before working on something new.
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AUGUST 2025						
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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SEPTEMBER 2025						
Su	M	T	W	Th	F	Sa
Aug 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 2025						
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	31	
○	○	○	○	○	○	

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NOVEMBER 2025						
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 ○

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DECEMBER 2025						
Su	M	T	W	Th	F	Sa
Nov 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 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	31
○	○	○	○	○	○	○

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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

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MARCH 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	31				
○	○	○				

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APRIL 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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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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Su	M	T	W	Th	F	Sa
May 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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