

# PRACTICE LOG

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



JULY 2024						
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.
- Focus on your next mini-goal! This will have you progress quickly and effectively.

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AUGUST 2024						
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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SEPTEMBER 2024						
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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OCTOBER 2024						
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 2024						
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 2024						
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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JANUARY 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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FEBRUARY 2025						
Su	M	T	W	Th	F	Sa
						1 <input type="checkbox"/>
2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>	8 <input type="checkbox"/>
9 <input type="checkbox"/>	10 <input type="checkbox"/>	11 <input type="checkbox"/>	12 <input type="checkbox"/>	13 <input type="checkbox"/>	14 <input type="checkbox"/>	15 <input type="checkbox"/>
16 <input type="checkbox"/>	17 <input type="checkbox"/>	18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/>	21 <input type="checkbox"/>	22 <input type="checkbox"/>
23 <input type="checkbox"/>	24 <input type="checkbox"/>	25 <input type="checkbox"/>	26 <input type="checkbox"/>	27 <input type="checkbox"/>	28 <input type="checkbox"/>	1 Mar <input type="checkbox"/>

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MARCH 2025						
Su	M	T	W	Th	F	Sa
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 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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Su	M	T	W	Th	F	Sa
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				○	○	○
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
29	30					

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