PRACTICE CALENDAR

Box 1: Practice 5 minutes or more of exercise one and then ✓ check box 1

Box 2: Practice 5 minutes or more of exercise two and then ✓ check box 2

Box 3: Practice 5 minutes or more of exercise three and then ✓ check box 3

	Week 1			Week 2			Week 3			Week 4		
Monday	1	2	3	1	2	3	1	2	3	1	2	3
Tuesday	1	2	3	1	2	3	1	2	3	1	2	3
Wednesday	1	2	3	1	2	3	1	2	3	1	2	3
Thursday	1	2	3	1	2	3	1	2	3	1	2	3
Friday	1	2	3	1	2	3	1	2	3	1	2	3
Saturday	1	2	3	1	2	3	1	2	3	1	2	3
Sunday	1	2	3	1	2	3	1	2	3	1	2	3