

## 



	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Day of week, eg Monday	Time: What did you practice?			
	Time: What did you practice?			
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	Time: What did you practice?			
1)What did	d you enjoy this month?			
2) What did you find challenging this month?				
3) What have you seen an improvement in this month?				