

2/17/2008



Practice Log – Week of _____

Record all thoughts on your practice. What was working, what wasn't. What feel you were able to capture. What visualizations were working. Record as much as possible for later practice sessions – you will then be able to pick up where you left off. You will be able to recall thoughts and feelings that you may forget if not logged down.

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

Sunday: _____

'Never practice without a thought in mind.'

Nancy Lopez