	Weekly	Assig	nmen	t		
u will get the most o	out of your pract	tice time t	this week b	oy practici	ng the foll	owir
_						
Do you <u>really</u> wa	nt to make prog	ress? Inv	vest 25 - 30) minutes	every day	•
	i ly Pract i Much practice	: = much	progress		31	
Write down un Sun Mon	Much practice Little practice No practice nder each day h	e = much e = little p e = no pro now many Wed	progress progress ogress (3) minutes yo Thu	ou practice Fri	Sat	
Write down un Sun Mon min n	Much practice Little practice No practice nder each day h Tue	e = much e = little p e = no pro now many Wed	progress progress ogress ⊗ minutes yo	ou practice Fri	Sat	iy.
Write down un Sun Mon min n Total V	Much practice Little practice No practice nder each day h Tue nin min Weekly Pract	e = much e = little p e = no pro now many Wed min	progress progress ogress © minutes you Thu	ou practice Fri Minutes	Sat	nin
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