

## SAMPLE PRACTICE JOURNAL

Name: \_\_\_\_\_

Lesson # \_\_\_\_\_ of 12      Week #: \_\_\_\_\_

(to be turned in at your lesson time)

### **Day 1:** (one day after lesson)

Micro goal(s): \_\_\_\_\_

\_\_\_\_\_

Time(s) practiced today: \_\_\_\_\_

Micro goal(s) achieved? Yes / No / Sort-of

(explain) \_\_\_\_\_

\_\_\_\_\_

### **Day 2:** (two days after lesson)

Micro goal(s): \_\_\_\_\_

\_\_\_\_\_

Time(s) practiced today: \_\_\_\_\_

Micro goal(s) achieved? Yes / No / Sort-of

(explain) \_\_\_\_\_

\_\_\_\_\_

### **Day 3:** (three days after lesson)

Micro goal(s): \_\_\_\_\_

\_\_\_\_\_

Time(s) practiced today: \_\_\_\_\_

Micro goal(s) achieved? Yes / No / Sort-of

(explain) \_\_\_\_\_

\_\_\_\_\_

**Day 4:** (three days before to lesson)

Micro goal(s): \_\_\_\_\_

Time(s) practiced today: \_\_\_\_\_

Micro goal(s) achieved? Yes / No / Sort-of

(explain) \_\_\_\_\_

\_\_\_\_\_

**Day 5:** (two days before lesson)

Micro goal(s): \_\_\_\_\_

Time(s) practiced today: \_\_\_\_\_

Micro goal(s) achieved? Yes / No / Sort-of

(explain) \_\_\_\_\_

\_\_\_\_\_

**Day 6:** (one day before lesson)

Micro goal(s): \_\_\_\_\_

Time(s) practiced today: \_\_\_\_\_

Micro goal(s) achieved? Yes / No / Sort-of

(explain) \_\_\_\_\_

\_\_\_\_\_

**Day 7:** (day of your lesson)

Micro goal(s): \_\_\_\_\_

Time(s) practiced today: \_\_\_\_\_

Micro goal(s) achieved? Yes / No / Sort-of

(explain) \_\_\_\_\_

\_\_\_\_\_