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| --- | --- | --- |
| Name |  | |
| Week  To record your week of practice, print a sheet and complete it using stick figures. |  | |
| Log period | From: | To: |
| Focus |  | |

|  |  |  |
| --- | --- | --- |
| Day | Sequence Record | Themes, References, questions |
| Monday |  |  |
| Tuesday |  |  |
| Wednesday |  |  |
| Thursday |  |  |
| Friday |  |  |
| Saturday |  |  |
| Sunday |  |  |

Additional comments: