

30-day Graph of Practice Time

The numbers on the left side indicate minutes practiced. It is the goal for every student to practice at least 20 minutes per day. All students should strive for 100-140 minutes per week. Plot the approximate total time practiced by indicating the appropriate dot. Connect the dots, after 30 days, to create a graph. After completing, reflect on how you are progressing. Do you need to increase to your practice time, frequency of practice, duration of practice, etc.?

Name _____ Start date or Month _____ End date _____

