

Practice Challenge Overview

Write your goals here:

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Start:.....

Finish:.....

Time required: 40 sessions or more of between 5 mins and 1 hour

Fill in this chart below by ticking the boxes, or create your own chart!

Wk 1							
Wk 2							
Wk 3							
Wk 4							
Wk 5							
Wk 6							