

# Daily Practice Planner

Date:

**TODAY'S GOALS:**

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**UPCOMING EVENTS:**

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## BODY WARM UP



## STRETCHING



## WATER



WARM UP

metronome	time spent

1st SESSION

metronome	time spent

**Break** get out of the practice room, drink water, eat a healthy snack, move your body, relax etc.

2nd SESSION

metronome	time spent

Comments

I improved .....

I did that great .....

Tomorrow I will focus on .....

Tomorrow I will work on .....

Well done! See you tomorrow!