

PRACTICE PLANNER

How to use our practice planner: You **write down**, in advance, **what** you intend **to practice** and on which day. Write down **how long** * you intend **to study** or what the desired **goal** is of each session. If you achieve more than you thought on a practice day, add a comment of the extra work you put in 😊 - Let's Rock!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY

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* WE RECOMMEND AROUND 30 min OF PRACTICE A WEEK- LITTLE AND OFTEN RATHER THAN IN ONE GO – SYNOPSIS IN THE BRAIN, WHICH GENERATE MUSCLE MEMORY ARE STRENGTHENED INBETWEEN SESSIONS (RESTING DAYS). SCIENTISTS SAY EARLY MORNING OR BEFORE BED ARE THE OPTIMAL TIMES OF DAY TO REINFORCE THE RETENTION OF INFORMATION