

# How To Fit Learning Into Your Life Checklist

<b>Hard Goal:</b> Practice ____ X a week	<b>Soft Goal:</b> Practice ____ X a week
<b>Small Goal:</b>	<b>Big Goal:</b>

**Why I want to learn this:**

Type of Learning	a wk	Tasks	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Drilling	3x								
New Learning	1x								
Maintenance	2x								
Repetition	3x								

## Calendar

Day	Daily Schedule Morning	Daily Schedule Afternoon	Daily Schedule Evening	Tasks For learning
Mon				
Tues				
Wed				
Thurs				
Fri				
Sat				
Sun				