Checklist Date_____

Hard Goal: Practice ____ X a week **Small Goal:**	**Soft Goal:** Practice ____X a week **Big Goal:**

Why I want to learn this:

Learning Type	Times	Task	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Drilling	3x								
	3x								
	3x								
New Learning	1x								
Maintenance	2x								
Repetition	3x								

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