

# January

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|-----|-----|-----|-----|-----|-----|
|     |     | 1   | 2   | 3   | 4   | 5   |
| 6   | 7   | 8   | 9   | 10  | 11  | 12  |
| 13  | 14  | 15  | 16  | 17  | 18  | 19  |
| 20  | 21  | 22  | 23  | 24  | 25  | 26  |
| 27  | 28  | 29  | 30  | 31  |     |     |
|     |     |     |     |     |     |     |

Name: \_\_\_\_\_

Instrument: \_\_\_\_\_

Mark each day 0-4

- 0 = No practice (fan)
- 1 = Few elements practiced (waterboy)
- 2 = Some elements practiced (benchwarmer)
- 3 = Most elements practiced (rookie)
- 4 = All elements practiced (starting line-up)

Unsigned sheets will not be accepted  
at the end of the month!!!

Your goal is to have three to four days  
of "3" or "4" scores every week.

Parent/Guardian Signature: \_\_\_\_\_