

Build Your Tap Practice Habit

Instructions:

STEP ONE: Map *your* practice habit and write it down below. Make it consistent and realistic for you. A small amount each day is better than one big session each week.
STEP TWO: For each day you practice, mark the square in green. For each day you miss, mark in red. For each day you wanted to, but couldn't, mark in blue. Mark chosen days off in black.

PRACTICE HABIT: _____

Example: I choose to practice Monday - Friday, from 5:00pm-5:30pm in my garage.

Practice Habit Template:
I choose to practice each day (or on [DAYS]) at [TIME] in [LOCATION].

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	You got this.						
WEEK 2							
WEEK 3							
WEEK 4							...half-way!
WEEK 5							
WEEK 6							AW YEAH! ... Start again?

