

SPOT Practice Chart

| Spot to Practice | Goal | Sun | Mon | Tues | Weds | Thurs | Fri | Sat |
|------------------|-----------|-----|-----------------|----------------|---------------|----------------|-------------|------------|
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| | times per | \/ | rite in the r | number of ti | mes vou nra | cticed this s | pot each da | / |
| | day | V | rite iii tile i | idiliber of th | illes you pra | cticed tills s | pot each da | <i>y</i> - |



| Spot to Practice | Goal | Sun | Mon | Tues | Weds | Thurs | Fri | Sat |
|------------------|-----------|-----|----------------|--------------|--------------|----------------|-------------|------------|
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| | | | | | | | | |
| | times per | ١٨ | lrita in tha n | umbar of ti | mas vali nra | cticad this s | pot each da | , |
| | day | V | The in the i | iumber of th | nes you pra | cticed tills s | pot each da | <i>y</i> - |

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|-------------------------|-----------|-----|---------------|---------------|-------------|---------------|-------------|------------|
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| | | | | | | | | |
| | times per | | | | | | | |
| | dav | V | rite in the r | lumber of til | mes you pra | cticed this s | pot each da | ∕ . |



