WEEKLY PRACTICE PLAN

Use this worksheet to schedule when you will complete the activities in your plan of action

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Activity:	**Activity:**	**Activity:**	**Activity:**	**Activity:**	**Activity:**	**Activity:**
Motivation booster or points earned:	**Motivation booster or points earned:**	**Motivation booster or points earned:**	**Motivation booster or points earned:**	**Motivation booster or points earned:**	**Motivation booster or points earned:**	**Motivation booster or points earned:**