

# 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: