



# CHESS PRACTICE TRACKER

15-20 MINUTES

MON

SOLVE 10  
PUZZLES



TUE

PLAY 1 ONLINE  
GAME



WED

ANALYZE 1  
GAME



THURS

LEARN A NEW OPENING



FRI

REVIEW TACTICS





# CHESS PRACTICE TRACKER

15-20 MINUTES

MON

PRACTICE  
ENDGAME DRILLS



TUE

READ A CHESS  
STRATEGY BOOK



WED

PLAY 3 BLITZ  
GAMES



THURS

PRACTICE KNIGHT  
MANUEVERS



FRI

PRACTICE FORKS AND  
SKEWERS MORE





# CHESS PRACTICE TRACKER

15-20 MINUTES

MON

WATCH A CHESS  
TUTORIAL VIDEO



TUE

FOCUS ON PAWN  
STRUCTURES



WED

PRACTICE WITH  
A CHESS COACH



THURS

PLAY A GAME AGAINST  
AN AI OPPONENT



FRI

WORK ON POSITIONAL  
SACRIFICES





# CHES PRACTICE TRACKER

15-20 MINUTES

MON

STUDY ROOK  
ENDGAMES



TUE

EXPLORE GAMBIT  
STRATEGIES



WED

PARTICIPATE IN AN ONLINE  
CHESS TOURNAMENT



THURS

PRACTICE CASTLING AND  
KING SAFETY DRILLS



FRI

WORK ON TIME MANAGEMENT  
IN BLITZ GAMES





# CHES PRACTICE TRACKER

15-20 MINUTES

MON

LEARN AND PRACTICE  
OPENING TRAPS



TUE

ANNOTATE A FULL  
CHES GAME



WED

STUDY MIDDLEGAME  
STRATEGIES



THURS

PRACTICE FIANCHETTO  
SETUPS



FRI

PRACTICE EXCHANGE  
SACRIFICES

