



## 30 Days of Practice!

**Dr. Suzuki says: "Practice on the days you eat!"**

Place a Check mark or sticker on the days you practiced  
 Place a Wavy line on the day you substituted listening 90' (1x only)  
 Place an X mark for the day you missed (2x only)  
 Place an Asterisk on the day you Doubled for the missed day

Date started: \_\_\_\_\_

Name: \_\_\_\_\_

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30



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