

HOW MUCH TIME DO I HAVE TO PRACTICE?

EXAMPLE

Number of hours of sleep each night:

$$9 \times 7 = 63$$

Number of grooming hours per day:

$$1 \times 7 = 7$$

Number of hours for meals/snacks per day - include preparation time:

$$3 \times 7 = 14$$

Number of hours per day for chores, errands, extra grooming, exercise, etc.

$$2 \times 7 = 14$$

Number of hours per week for regularly scheduled functions (Kids, clubs, church, get-togethers, etc.)

$$1 \times 7 = 7$$

Travel time per day (for Kids):

$$1 \times 7 = 7$$

Number of work hours per day:

$$8 \times 5 = 40$$

Travel time per day (for work):

$$.5 \times 5 = 2.5$$

Number of hours in Flamenco Class per week online & in studio - in studio include travel to & from studio

3

Number of average hours per week socializing, dates, etc:

2

Number of average hours per week on Social Media/TV:

5

Now Add Up the Totals:

164.5

Subtract the above number from 168:

$$168 - 164.5 = 3.5$$

The remaining hours are the hours you have to Practice Flamenco



CALCULATE YOUR PRACTICE TIME

Number of hours of sleep each night:

$\times 7 =$

Number of grooming hours per day:

$\times 7 =$

Number of hours for meals/snacks per day - include preparation time:

$\times 7 =$

Number of hours per day for chores, errands, extra grooming, etc.

$\times 7 =$

Number of hours per week for regularly scheduled functions (Kids, clubs, church, get-togethers, etc.)

$\times 7 =$

Travel time per day (for Kids):

$\times 7 =$

Number of Kids Homework hours per day:

$\times 5 =$

Number of work hours per day:

$\times 5 =$

Travel time per day (for work):

$\times 5 =$

Number of hours in Flamenco Class per week online & in studio
- in studio include travel to & from studio

Number of average hours per week socializing, dates, etc:

Number of average hours per week on Social Media/TV:

Now Add Up the Totals:

Subtract the above number from 168:

168 -

=

The remaining hours are the hours you have allowed yourself to Flamenco Practice