### Dear student,

This is the format we would like you to use for each practice session in the next 2 weeks; we call it the Practice Log.

For each practice session please mention your goal/s, describe what methods and strategies you have used and write down what you have noticed.

On the form there are 2 sessions a day, if you do more sessions, simply copy and paste the format.

#### Name:

Main Subject:

### Study year:

### **Teacher:**

#### Day 1

| Date                        |  |
|-----------------------------|--|
| Goal/s for this session     |  |
| What methods and strategies |  |
| did you use?                |  |
| What did you notice?        |  |
| Goal/s for this session     |  |
| What methods and strategies |  |
| did you use?                |  |
| What did you notice?        |  |

| Date                        |  |
|-----------------------------|--|
| Goal/s for this session     |  |
| What methods and strategies |  |
| did you use?                |  |
| What did you notice?        |  |
| Goal/s for this session     |  |
| What methods and strategies |  |
| did you use?                |  |
| What did you notice?        |  |

| Date                        |  |
|-----------------------------|--|
| Goal/s for this session     |  |
| What methods and strategies |  |
| did you use?                |  |
| What did you notice?        |  |
| Goal/s for this session     |  |
| What methods and strategies |  |
| did you use?                |  |
| What did you notice?        |  |

### Day 4

| Date                        |  |
|-----------------------------|--|
| Goal/s for this session     |  |
| What methods and strategies |  |
| did you use?                |  |
| What did you notice?        |  |
| Goal/s for this session     |  |
| What methods and strategies |  |
| did you use?                |  |
| What did you notice?        |  |

## Day 5

| Date                        |  |
|-----------------------------|--|
| Goal/s for this session     |  |
| What methods and strategies |  |
| did you use?                |  |
| What did you notice?        |  |
| Goal/s for this session     |  |
| What methods and strategies |  |
| did you use?                |  |
| What did you notice?        |  |

| Date                        |  |
|-----------------------------|--|
| Goal/s for this session     |  |
| What methods and strategies |  |
| did you use?                |  |
| What did you notice?        |  |
| Goal/s for this session     |  |

| What methods and strategies did you use? |  |
|------------------------------------------|--|
| What did you notice?                     |  |

| Date                        |  |
|-----------------------------|--|
| Goal/s for this session     |  |
| What methods and strategies |  |
| did you use?                |  |
| What did you notice?        |  |
| Goal/s for this session     |  |
| What methods and strategies |  |
| did you use?                |  |
| What did you notice?        |  |

## Day 8

| Date                        |  |
|-----------------------------|--|
| Goal/s for this session     |  |
| What methods and strategies |  |
| did you use?                |  |
| What did you notice?        |  |
| Goal/s for this session     |  |
| What methods and strategies |  |
| did you use?                |  |
| What did you notice?        |  |

## Day 9

| Date                        |  |
|-----------------------------|--|
| Goal/s for this session     |  |
| What methods and strategies |  |
| did you use?                |  |
| What did you notice?        |  |
| Goal/s for this session     |  |
| What methods and strategies |  |
| did you use?                |  |
| What did you notice?        |  |

| Date                    |  |
|-------------------------|--|
| Goal/s for this session |  |

| What methods and strategies |  |
|-----------------------------|--|
| did you use?                |  |
| What did you notice?        |  |
| Goal/s for this session     |  |
| What methods and strategies |  |
| did you use?                |  |
| What did you notice?        |  |

| Date                        |  |
|-----------------------------|--|
| Goal/s for this session     |  |
| What methods and strategies |  |
| did you use?                |  |
| What did you notice?        |  |
| Goal/s for this session     |  |
| What methods and strategies |  |
| did you use?                |  |
| What did you notice?        |  |

## Day 12

| Date                        |  |
|-----------------------------|--|
| Goal/s for this session     |  |
| What methods and strategies |  |
| did you use?                |  |
| What did you notice?        |  |
| Goal/s for this session     |  |
| What methods and strategies |  |
| did you use?                |  |
| What did you notice?        |  |

| Date                        |  |
|-----------------------------|--|
| Goal/s for this session     |  |
| What methods and strategies |  |
| did you use?                |  |
| What did you notice?        |  |
| Goal/s for this session     |  |
| What methods and strategies |  |
| did you use?                |  |
| What did you notice?        |  |

| Date                        |  |
|-----------------------------|--|
| Goal/s for this session     |  |
| What methods and strategies |  |
| did you use?                |  |
| What did you notice?        |  |
| Goal/s for this session     |  |
| What methods and strategies |  |
| did you use?                |  |
| What did you notice?        |  |