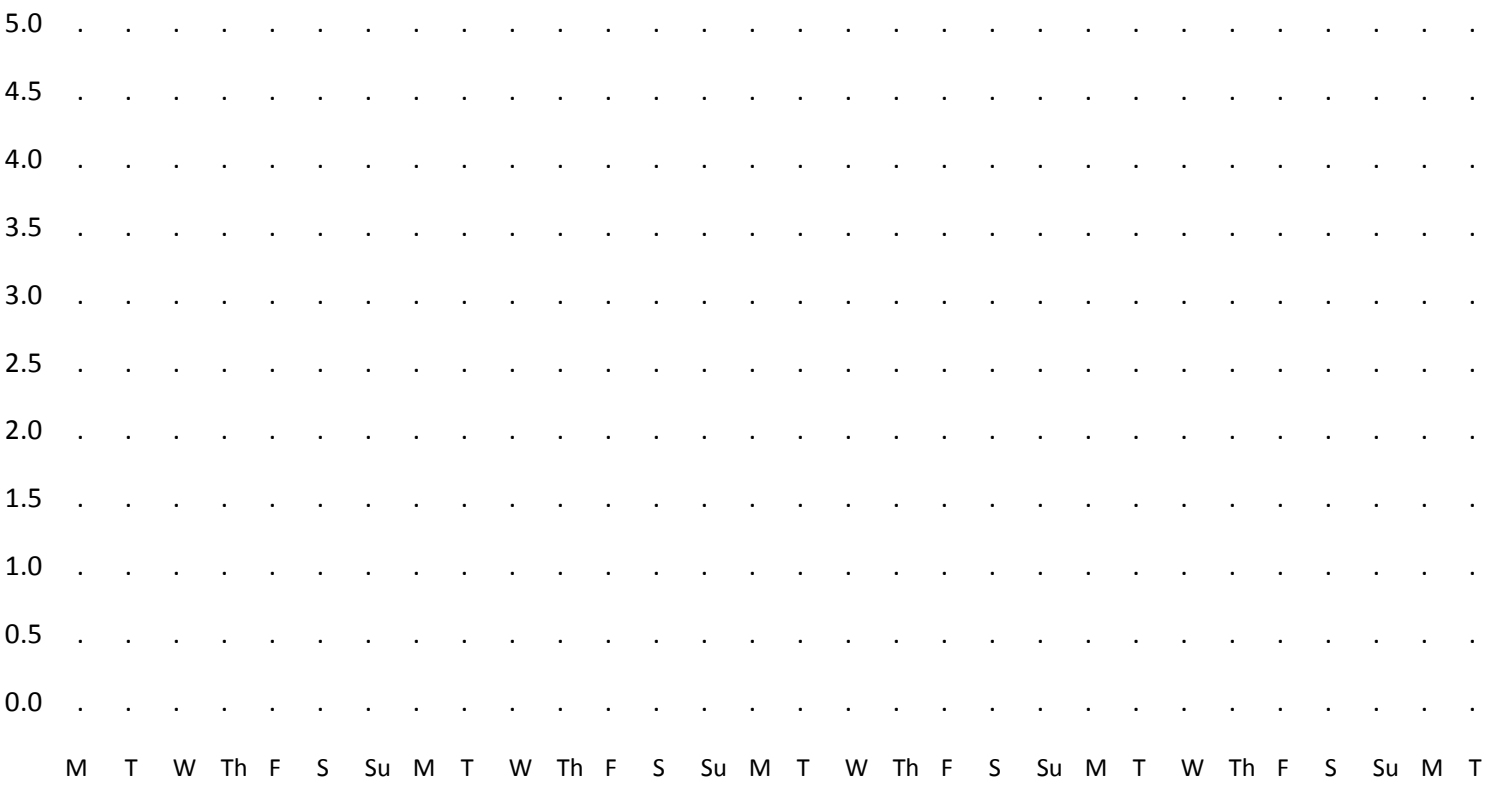
30-day graph of practice time or quality

The numbers to the left of this graph may either indicate the duration of practice in hours or the self-assessed quality of practice, with 5.0 as the highest ranking. Plot the approximate total time or average quality of your daily practice with a dot; connect the dots to create a graph. Caution: A sudden, dramatic increase in practice time may cause injury—take care to increase gradually as described in *The Musician's Way,* pages 11-13.

Name _____ Start date _____ End date _____