

### Sample 30-day graph of total daily practice time

In this example, a music student gradually increased his average weekly solo practice time and also became somewhat more consistent in his practice. At the start of the 30-day period, he practiced 1-2.5 hours/day and averaged less than 2 hours/day; by the final week of the month, he achieved a range of 2-3 hours/day and averaged 2.5 hours/day. Note that he practiced less on either Saturday or Sunday.

Name: Anonymous student

Start date: September 8, 2008

End date: October 7, 2008

