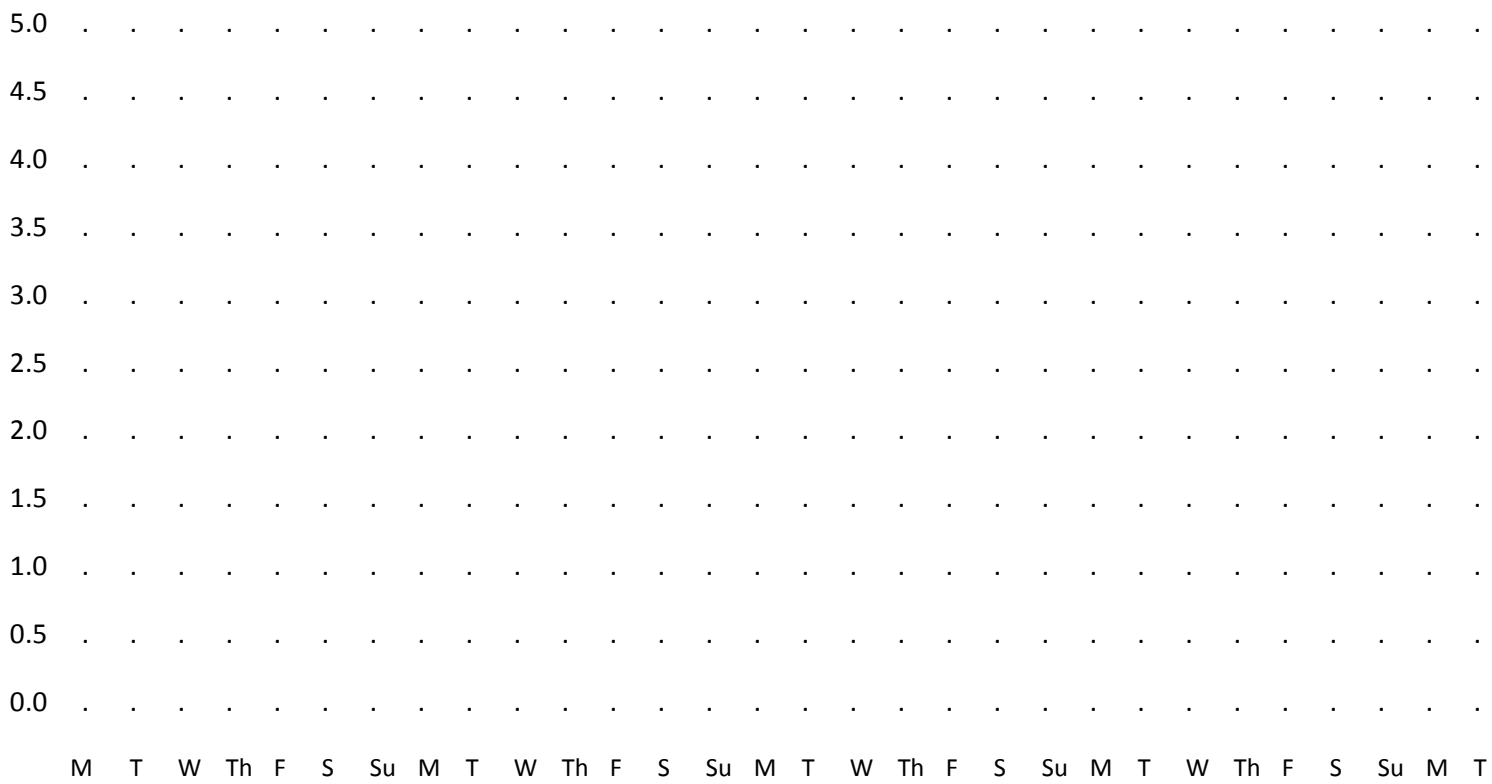
30-day Graph of Practice Time or Quality

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

Name _____ Start date _____ End date _____