WORKSHEET **My Practice Log**

One entry per rep, slips included.

Date: _____ Rung: _____ What I said: _____

Before: _____ After: _____ What happened: _____

Date: _____ Rung: _____ What I said: _____

Before: _____ After: _____ What happened: _____

Date: _____ Rung: _____ What I said: _____

Before: _____ After: _____ What happened: _____

Date: _____ Rung: _____ What I said: _____

Before: _____ After: _____ What happened: _____

Date: _____ Rung: _____ What I said: _____

Before: _____ After: _____ What happened: _____

Date: _____ Rung: _____ What I said: _____

Before: _____ After: _____ What happened: _____

Date: _____ Rung: _____ What I said: _____

Before: _____ After: _____ What happened: _____

Date: _____ Rung: _____ What I said: _____

Before: _____ After: _____ What happened: _____

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WORKSHEET **My Practice Log (continued)**

Date: _____ Rung: _____ What I said: _____

Before: _____ After: _____ What happened: _____

Date: _____ Rung: _____ What I said: _____

Before: _____ After: _____ What happened: _____

Date: _____ Rung: _____ What I said: _____

Before: _____ After: _____ What happened: _____

Date: _____ Rung: _____ What I said: _____

Before: _____ After: _____ What happened: _____

Date: _____ Rung: _____ What I said: _____

Before: _____ After: _____ What happened: _____

Date: _____ Rung: _____ What I said: _____

Before: _____ After: _____ What happened: _____

Date: _____ Rung: _____ What I said: _____

Before: _____ After: _____ What happened: _____

Date: _____ Rung: _____ What I said: _____

Before: _____ After: _____ What happened: _____

Date: _____ Rung: _____ What I said: _____

Before: _____ After: _____ What happened: _____

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WORKSHEET **My Practice Log (continued)**

Date: _____ Rung: _____ What I said: _____

Before: _____ After: _____ What happened: _____

Date: _____ Rung: _____ What I said: _____

Before: _____ After: _____ What happened: _____

Date: _____ Rung: _____ What I said: _____

Before: _____ After: _____ What happened: _____

Date: _____ Rung: _____ What I said: _____

Before: _____ After: _____ What happened: _____

Date: _____ Rung: _____ What I said: _____

Before: _____ After: _____ What happened: _____

Date: _____ Rung: _____ What I said: _____

Before: _____ After: _____ What happened: _____

Date: _____ Rung: _____ What I said: _____

Before: _____ After: _____ What happened: _____

Date: _____ Rung: _____ What I said: _____

Before: _____ After: _____ What happened: _____

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