WORKSHEET **30-Day Practice Plan**

Tick one box a day as you log your rep. Slips count; log them too.

Days 1–10, low rungs: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Days 11–20, middle rungs and pauses: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

Days 21–30, top rungs and follow-through: ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐

FIRST TWO DAYS (THEN KEEP LOGGING IN YOUR PRACTICE LOG)

Day 1 Rung: _____ Rep or slip: _____ Dread before/after: _____

What I said: _____

Day 2 Rung: _____ Rep or slip: _____ Dread before/after: _____

What I said: _____

My usual slip spot: _____

My time-buyer for it: _____

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