

WORKSHEET 4

LOGBOOK TEMPLATE

Use this formula to document your practice, either in a book or digital file.

Date: Start time: Finish time:

Intention/s for this practice session:

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Observations:

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Which methods did I use?

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GUIDELINES:

- Find ways to make the session engaging and challenging. Don't hesitate to use several methods to explore a difficult passage or aspect.
- Short and frequent sessions are better than one or two long ones.
- Stop when tired or bored or in pain.