



Foundation level practice plan
15 weeks - One session per week

Week	Day & Time	Session	Completed
1		Foundation Session 1	
2		Foundation Session 2	
3		Foundation Session 2	
4		Foundation Session 3	
5		Foundation Session 4	
6		Foundation Session 4	
7		Foundation Session 5	
8		Foundation Session 6	
9		Foundation Session 7	
10		Foundation Session 7	
11		Foundation Session 8	
12		Foundation Session 8	
13		Foundation Session 9	
14		Foundation Session 10	
15		Foundation Session 10	

How to use this practice plan:

Print it out. Decide in advance on when you are going to practice. Note day and time in the corresponding column. When you have done the session, mark it as complete.