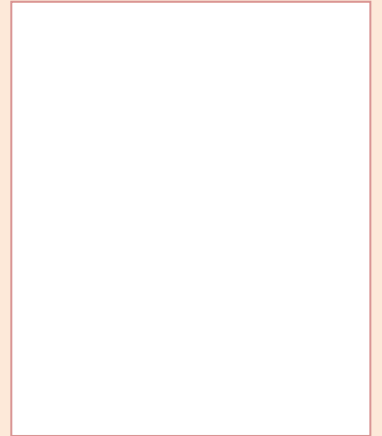


# 45 minutes a week!

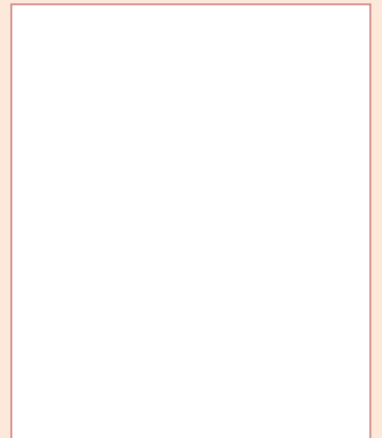
You may practice more than this but this is your minimum goal. Reach your goal and you get a big sticker! Reach it three times in a row and I'll post a copy up for everyone to see your achievement! Practice at all and you still get a little sticker. Practice double and you get a double size sticker!

**WEEK:** \_\_\_\_\_



*Signature of parent if required:* \_\_\_\_\_

**WEEK:** \_\_\_\_\_



*Signature of parent if required:* \_\_\_\_\_

**WEEK:** \_\_\_\_\_



*Signature of parent if required:* \_\_\_\_\_