

CPMS Cadet Guard Practice Record

Student Name: _____ Week of: _____

*Practice Records are due every **Monday** and 10 points off if turned in on Tuesday. Records turned in after Tuesday will not be accepted. This will count as 20% of your grade!!! Minimum practice time= **1 hour a week***

| | Amount of time practiced |
|-------------------------|---------------------------------|
| Monday | |
| Tuesday | |
| Wednesday | |
| Thursday | |
| Friday | |
| Saturday | |
| Sunday | |
| Week Total | |
| Parent Signature | |

What did you practice this week? What did you improve on? What is something you can still improve on?
