Today's Aim:			Name:	
	/			
	correct	errors (max.)	Skill:	

Possible Practice Changes

- **1-** Build speed on previous slices and come back to this one later.
- **2-** Shorten the timing period.
- **3-** Make sure your tool skills are fast and accurate enough.
- **4-** Practice longer (but don't work longer than 15 minutes on any one skill).
- **5-** Stretch your hands and rest briefly between practices.
- **6-** Try a worksheet or task that has just a few of the problems or items that are on the one that's been causing you difficulty for example, if you have trouble getting faster on 0-9, try just writing a single digit.
- 7- Make sure that you write each day's aim on the today's aim lines before you start! (Write it lightly, then erase it when you are done with this chart for today.)
- 8- Work harder.

Remember!

- For a 30-second timing, double the total corrects and errors (multiply by 2 or add the numbers).
- For a 20-second timing, triple the total corrects and errors (multiply by 3 or add the numbers together, e.g., 15 + 15 + 15).
- For a 15-second timing, quadruple the total corrects and errors (multiply by 4 or add the numbers together, e.g., 10 + 10 + 10 + 10).



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BER R JTE	M Tu W Th			Tu W Th F	M Tu W Th F
150		500 450	500 450	500 450	50
100		400	400	400	40
350		350	350	350	35
300		300	300	300	30
50 275		250	250	250	
225		225	225	225	22
180 190 170		200 180	200	200	20
160		160	160	160	16
150		140	140	140	14
130		120	120	120	12
)0 110 os		100	100	100	10
an 33		90	90	90	90
75		80	80	80	80
′ 65-		70	70	70	70
60		60	60	60	60
)U —		50	50	50	50
45 —		45	45	45	45
40 —— 35 ——		40 ————————————————————————————————————	40 — 35 —	40	40
30 —		30	30	30	30
\r					
25		25	25	25	25
20 22		20	20	20	20
18		18	18	18	18
16		16	16	16	16
14		14	14	14	14
12 —		12	12 —	12	12
10 —		10	10	10	10
9 — 8 —		9 8	9 8	9 8	9
7 —		7	7	7	7
6 —		6	6	6	6
5		5	5	5	5
4 —		4	4	4	4
3 —		3	3 —	3	3
2		2	2 —	2	2
1-		1	1-	1	1
0 —	M Tu W Th		W Th F	0 1 Tu W Th F 5 15 15 15 15	M Tu W Th F