

# THE PRACTICE PROJECT

10,000 HOURS TO MASTERY, ONE WEEK AT A TIME

## WEEK 1

Activity	Hours tally	Total
_____	_____	_____
_____	_____	_____
_____	_____	_____

## WEEK 2

Activity	Hours tally	Total
_____	_____	_____
_____	_____	_____
_____	_____	_____

## WEEK 3

Activity	Hours tally	Total
_____	_____	_____
_____	_____	_____
_____	_____	_____

## WEEK 4

Activity	Hours tally	Total
_____	_____	_____
_____	_____	_____
_____	_____	_____