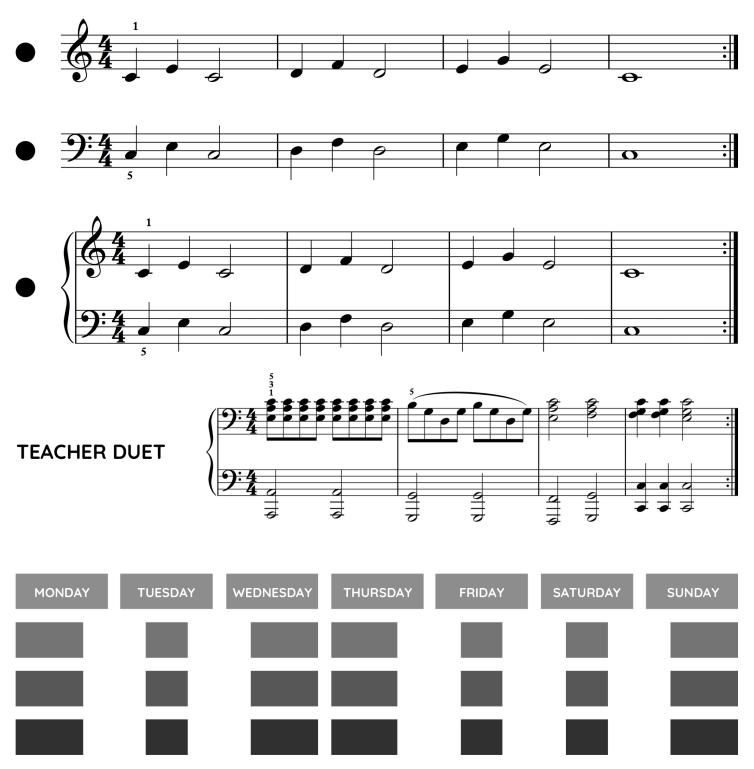
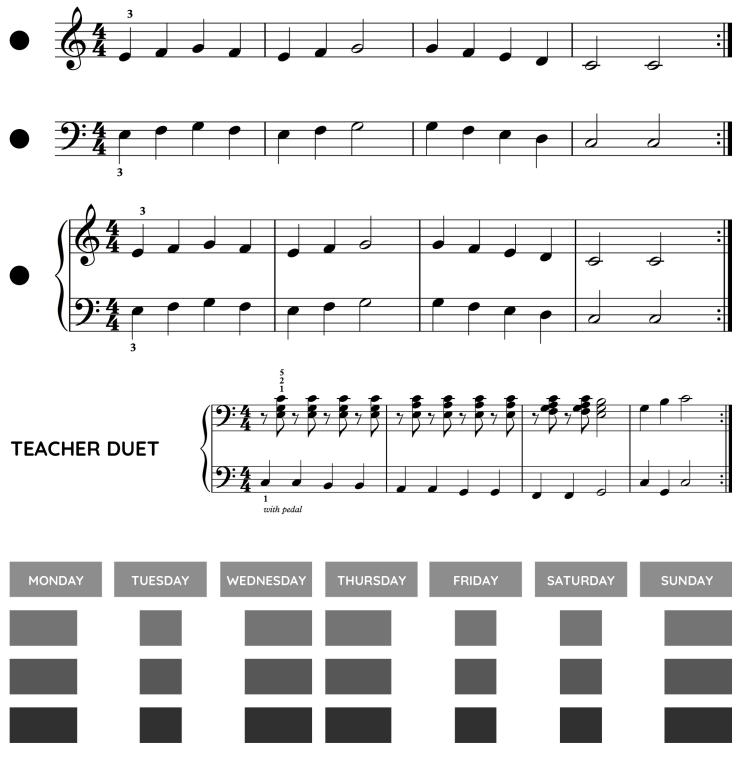
PRACTICE SET 1



Instructions: Practice these exercises three times each day. Every time you complete all three exercises, draw an **X** over a gray square below the corresponding day of the week.

TRACKING YOUR PRACTICE

PRACTICE SET 2



Instructions: Practice these exercises three times each day. Every time you complete all three exercises, draw an **X** over a gray square below the corresponding day of the week.

TRACKING YOUR PRACTICE