



Strings of Silk Music

Jennifer Silk, Violinist

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:00 a.m.							
8:00							
9:00							
10:00							
11:00							
12:00							
1:00 p.m.							
2:00							
3:00							
4:00							
5:00							
6:00							
7:00							
8:00							
9:00							
10:00							

### Time Tracking

Where do you spend your time? Fill in general descriptions of what you spend time on throughout the day. No judgement – just commit to filling out the chart everyday for one week. Make sure to include sleeping, working, entertainment, family time, etc. \*\* Once you see where you are spending your time, you can have a better idea of when you schedule your practicing!

\*\*You can even write in "I don't know"!

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