



Week # ____							TOTAL
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Target Time:							
Actual Time:							

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Energy Martial Arts Academy

Intermediate Practice Log

Parent
Approved
<input type="text"/>

Instructor
Approved
<input type="text"/>

Name:

Rank:

Date:

Minimum Requirements
15 minutes of practice per week for 8 weeks.

Techniques to Practice

Item #1	Item #2	Item #3	Item #4	Item #5	Item #6
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

Week # <input type="text"/>							TOTAL
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Target Time:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Actual Time:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	

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Target Time:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	
Actual Time:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	

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Actual Time:	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	

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905-250-4444
www.energymartialarts.com



EMAA Scarborough
416-286-1600
info@energymartialarts.com

You can follow us on **Twitter** and add us to **Facebook**!

Turn Over!!