



PRACTICE

CHAMPION



1-	1	2	3	4
2-	1	2	3	4
3-	1	2	3	4
4-	1	2	3	4
5-	1	2	3	4
6-	1	2	3	4
7-	1	2	3	4
8-	1	2	3	4
9-	1	2	3	4
10-	1	2	3	4

EVERY INDIVIDUAL HAS THE POTENTIAL TO BECOME A PRACTICE CHAMPION. RATHER THAN STRIVING TO BE THE MOST PRACTICED IN YOUR GROUP, IT ONLY TAKES 3 TO 4 DAILY PRACTICES PER WEEK OF 15 MINUTES EACH DAY TO EARN THE PRIZE AT THE END OF THE TERM.

HAVE 3 CIRCLES TICKED OFF EVERY WEEK TO GAIN YOUR PRIZE.

