## Progress Tracking

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|---|---|
| Lick / Exercise: | 4 note exercise |
| Current max speed: | 60 bpm |
| Goal: | 240 bpm |

Practice Sessions

| Date: | 40549 | 40549 | 40608 |
|---|---|---|---|
| Duration: | 1 hour | 30 minutes | 3 hours |
| Max speed before session: | 60 bpm | 80 bpm | 70 bpm |
| Max speed after session: | 90 bpm | 100 bpm | 110 bpm |

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|---|---|
| Lick / Exercise: | |
| Current max speed: | |
| Goal: | |

Practice Sessions

| Date: | | | |
|---|---|---|---|
| Duration: | | | |
| Max speed before session: | | | |
| Max speed after session: | | | |

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|---|---|
| Lick / Exercise: | |
| Current max speed: | |
| Goal: | |

Practice Sessions

| Date: | | | |
|---|---|---|---|
| Duration: | | | |
| Max speed before session: | | | |
| Max speed after session: | | | |

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|---|---|
| Lick / Exercise: | |
| Current max speed: | |
| Goal: | |

Practice Sessions

| Date: | | | |
|---|---|---|---|
| Duration: | | | |
| Max speed before session: | | | |
| Max speed after session: | | | |

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|---|---|
| Lick / Exercise: | |
| Current max speed: | |
| Goal: | |

Practice Sessions

| Date: | | | |
|---|---|---|---|
| Duration: | | | |
| Max speed before session: | | | |
| Max speed after session: | | | |

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|---|---|
| Lick / Exercise: | |
| Current max speed: | |
| Goal: | |

Practice Sessions

| Date: | | | |
|---|---|---|---|
| Duration: | | | |
| Max speed before session: | | | |
| Max speed after session: | | | |

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|---|---|
| Lick / Exercise: | |
| Current max speed: | |
| Goal: | |

Practice Sessions

| Date: | | | |
|---|---|---|---|
| Duration: | | | |
| Max speed before session: | | | |
| Max speed after session: | | | |

| | |
|---|---|
| Lick / Exercise: | |
| Current max speed: | |
| Goal: | |

Practice Sessions

| Date: | | | |
|---|---|---|---|
| Duration: | | | |
| Max speed before session: | | | |
| Max speed after session: | | | |