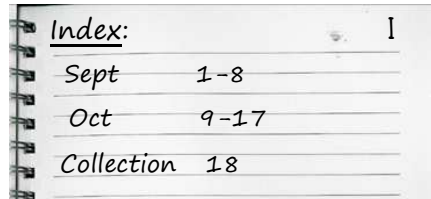


Practice Journal Setup:

Part 1: Index

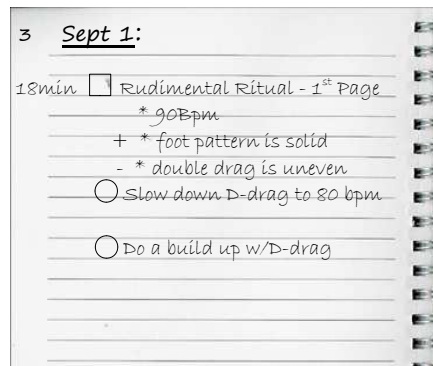


Part 2: Monthly Calendar



Part 3: Daily Entries

- Exercise or Goal
- Observation/Assessment
- Revision



Part 4: Collections

