

Total practice hours each element

complete each month, part of homework discussion !

The importance of practice and noticing how little time it takes to build a small practice is what this page is all about. Please take the time to count how much time you spend doing each of the items below.

Accountability is the reason, Remember to include classes you attend in the practice section. Total each month as you go, then at the end you will see how easy it is to reach the 50 Hours total home practice target.

	Practice	Meditation	Home Health Habits	Total for month
Water				
Wood				
Fire				
Earth				
Metal				

Total home practice time for course

minimum requirement

50 hours over 15 weeks

3.30 per wk

12.5 per month