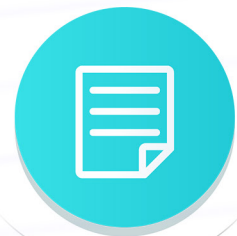
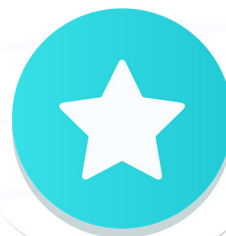


PRACTICE TRACKER

TAKE YOUR PRACTICE-HABITS TO THE NEXT LEVEL USING THE LEARN TO SKATE USA PRACTICE TRACKER.



1. Identify the skills you want to practice.
2. Track how many times you practice each skill.
3. Rate the overall quality of each skill by coloring in the stars.
4. Jot down important notes from practice, and review them the next time you take the ice!



SKILL	QUANTITY PRACTICED	RATING	NOTES
Two-foot turn	III II	★★★★☆	Don't forget to bend your knees.
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