

## **Build Your Streak, Level Up, and Track Your Progress!**


### **How to Play:**

- ✅ **Mark a dot** on the graph daily based on your total practice time (**Note:** Practice duration is marked on the vertical axis in 15-minute slots up to 3 hours).
- ✅ **Connect the dots** over time to visualize your progress.
- ✅ **Missed a day?** Leave a gap—don't connect dots across skipped days.

### **Level Up Safely!**

Avoid sudden increases in practice time to prevent strain or injury. Follow the guidelines mentioned in [Lesson Policies PDF](#) for safe progression.

### **Challenge yourself, but play smart!**

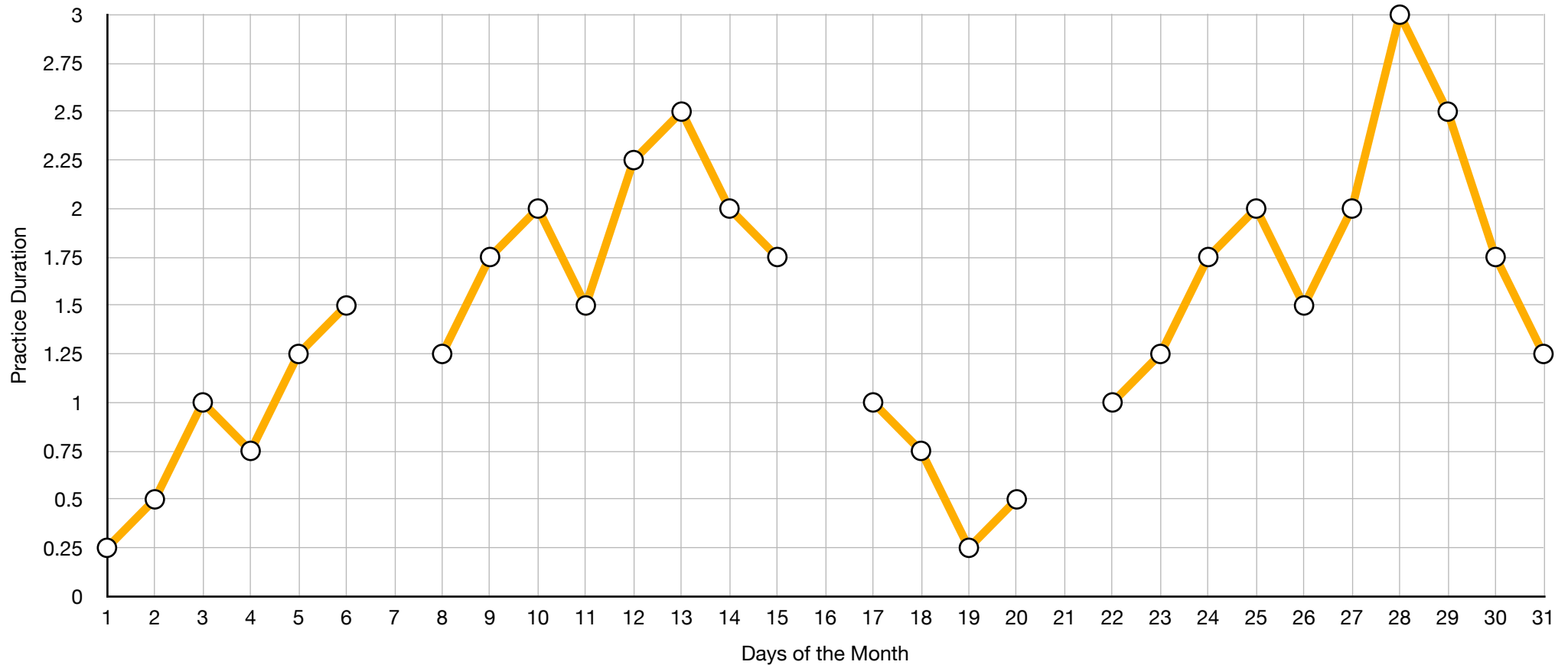
It's not about how high your chart goes—it's about how steady your streak is. Prioritize consistent practice over sporadic long sessions—that's the real key to success! 



# Build Your Streak, Level Up, and Track Your Progress! 🎯 - Sample Chart

Full Name: Avantika Shekatkar

Month & Year: January 2025



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**Full Name:** \_\_\_\_\_

**Month & Year:** \_\_\_\_\_

