



Review & Renew

Lesson 4

Now that you have reached Lesson Four of the program, it is necessary to devote part of your regular practice time to review material from previous lessons in the track. There are two methods to choose from in order to accomplish this:

1. Daily Review

If choosing this method, we recommend spending 1/3 of your daily practice on review of the past lessons in this track; while 2/3 of your practice should be spent working on new material.

2. Split Practice Schedule

If choosing this method, we recommend spending 5 days per week working on new material and 2 days per week on review of past lessons from this track.
(Ex. **NEW**: Mon., Tues., Thur., Fri., Sat. **REVIEW**: Sun., Wed.)

My Review & Renew schedule is?

If using method #1: How much time will be spent on review daily?

If using method #2: Which days will be devoted to review, and which days will be used for new content?