

Home recording sheet

Timing

Date	Time spent	Comments

Summary of goals

Tick the box when these goals for timing are achieved

Now the best when these goals for timing are achieved		
Goal 1	Clap in time to a beat, set at 1.0sec	
Goal 2	Tap alternate knees in time to a beat set at 1.0sec	
Goal 3	Tap alternate knees in time to a beat, copying a pattern of 4 or more parts	
Goal 4	Tap knees and feet in a circular sequence, in time to a beat, set at 1.0 sec	
Goal 5	Tap knees and feet in a circular sequence, copying a pattern, in time to a beat set at 1.0sec	
Goal 6	Tap knees and feet, following the code chart, changing your action every 4 th beat (3 beats per symbol)	