

IN CLASS YOU TRAINED

**Until it runs on its own**  
You do it again and again until it runs on its own. Then your head is free for the hard part.

How to do it at home, with this week's material

- 1. Not all at once: three short goes this week, for example Mon · Wed · Fri, a quarter of an hour.
- 2. Mix the problems. Not ten of the same kind in a row, but mixed, so you first have to see which kind it is.
- 3. Wrong? Back on the pile. Again tomorrow, until it runs on its own.

| Day | What I practised (mixed) | Right / wrong |
|-----|--------------------------|---------------|
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|     |                          |               |

**What still came back, and goes first tomorrow**

How did it go?   ☐ yes   ☐ partly   ☐ no