

IN CLASS YOU TRAINED

Plan first, then check

You say first how you're going to do it, then check whether it went that way. If you know your own approach, you can improve it.

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

1. Before you start: what am I going to do, how long, and in what order? Write it down.
2. Halfway: say aloud where you are and whether it is still going to plan.
3. Afterwards: did it go that way? What do I do differently tomorrow?

#	What	How long
1		
2		
3		
4		
5		

Halfway: where am I?

Afterwards: did it go that way? What do I do differently tomorrow?

☐ yes ☐ partly ☐ no

How did it go? ☐ yes ☐ partly ☐ no