

## A 10-minute drawing warm-up

An optional routine: shorten, repeat or pause a section as needed. The reference shows geometric targets; assess your own line placement and consistency.

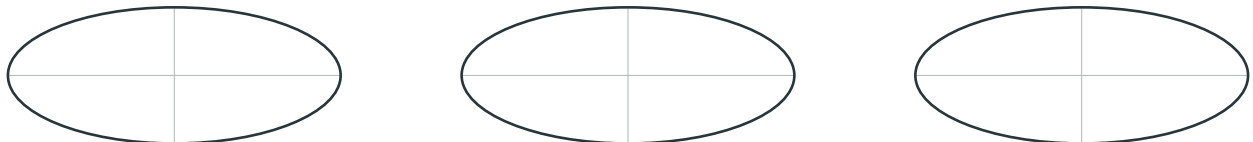
### 01. Targeted lines / 2 minutes



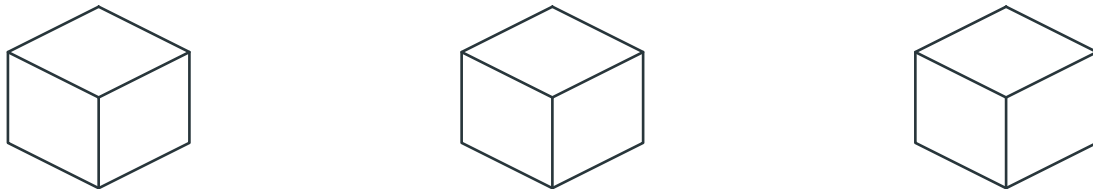
### 02. Arcs / 2 minutes



### 03. Ellipse loops / 3 minutes



### 04. Simple boxes / 3 minutes



Self-check: endpoint overshoot; curve wobble; ellipse balance; box edge families. Record one observation, not a score or promise of progress.

## Four-week drawing log: 28 undated entries

Use any schedule. Record actual minutes and one observation. The example answer is fictional and illustrates the log format; it is not a target or a result claim.

| Day | Date    | Minutes | Focus          | One observation          |
|-----|---------|---------|----------------|--------------------------|
| 1   | Example | 10      | Targeted lines | Some endpoints overshoot |
| 2   |         |         |                |                          |
| 3   |         |         |                |                          |
| 4   |         |         |                |                          |
| 5   |         |         |                |                          |
| 6   |         |         |                |                          |
| 7   |         |         |                |                          |
| 8   |         |         |                |                          |
| 9   |         |         |                |                          |
| 10  |         |         |                |                          |
| 11  |         |         |                |                          |
| 12  |         |         |                |                          |
| 13  |         |         |                |                          |
| 14  |         |         |                |                          |
| 15  |         |         |                |                          |
| 16  |         |         |                |                          |
| 17  |         |         |                |                          |
| 18  |         |         |                |                          |
| 19  |         |         |                |                          |
| 20  |         |         |                |                          |
| 21  |         |         |                |                          |
| 22  |         |         |                |                          |
| 23  |         |         |                |                          |
| 24  |         |         |                |                          |
| 25  |         |         |                |                          |
| 26  |         |         |                |                          |
| 27  |         |         |                |                          |
| 28  |         |         |                |                          |

Compare your own notes before and after a session. Leave unused days blank; the four weeks are a recording space, not an improvement deadline.