Practice worksheet

Print one page per attempt. Review it with your instructor and keep photos in consistent light. Use a model code, without names or medical details.

01 Plan the exercise

Date: _____ Technique: _____

One goal for this attempt: _____

Training aid or supervised model code: _____

Products and lamp model: _____

Total time, including setup and cleanup: _____

02 Observe the result

Take top, side, and front photos. Note product amount, edges, shape, and errors to review. For supervised model work, record the checks discussed with your instructor.

Follow-up and removal observations, when applicable:

03 Choose the next exercise

Instructor feedback and the correction to try:

Next practice date: _____

This learning record is not a certificate, treatment consent, health assessment, or proof of legal permission to practice. Model work must follow school and state rules.