

THE  
**LISTENING PROGRAM**<sup>®</sup>

Base Schedule Listening Log

Name: \_\_\_\_\_

Cycle #: \_\_\_\_\_

Person Recording: \_\_\_\_\_

**Schedule**

Two segments per day, with at least a thirty minute break between each, five consecutive days per week, for eight weeks. Each CD is used for one week.

	WEEKS			
	1	2	3	4
CD 1	•			
CD 2		•		
CD 3			•	
CD 4				•

	WEEKS			
	5	6	7	8
CD 5	•			
CD 6		•		
CD 7			•	
CD 8				•

Date	Time	CD	Tracks	Activities During Listening	Notes
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Week 1

Week 2

Week 3

Base Schedule Listening Log

Name:

Date	Time	CD	Tracks	Activities During Listening	Notes
Week 4					
Week 5					
Week 6					
Week 7					
Week 8					