

Name _____

Date _____

Weekly Practice

Mon	Tues	Wed	Thur	Fri	Sat	Sund	Points Earned

NOTE: Due on first rehearsal day of each week. Lateness will result in a deduction of 10 points.

Detailed Practice Session (should be at least 30 minutes)

Session Date(s)	Session Start Time	Session End Time

Fundamentals

Concept	Specific Application	Time
Breathing Exercises		
Long Tones		
Lip Slurs		
Range Exercises		
Rudiments (Drums)		
Pianissimo Attacks		
Scales		
Articulation Exercises		
Time Spent		

Literature

Solo ()	Chamber Music ()	Band Music ()
Title(s)		
Measures		
Goal/Focus		
Strategies		
Time Spent		

Handouts

Drill or Exercise	
Drill or Exercise	
Goal/Focus	
Strategies	
Fundamental Emphasized	
Time Spent	

Goal Setting Reflection

Evaluate today's practice session. Did you complete all your goals? Do you need to revise your goals to make them more achievable? What is the balance of time spent between your three areas of practice? Do need to make adjustments?

What strategies were most effective during this practice session?

Based on today's session, set some goals for your next practice session.