

**Weekly Practice:** The new week begins the day this report is due. Fill in the time in minutes that you practiced on the proper day. You may use time spent on your private lesson material. Practice charts are due on the first rehearsal day of the week.

**Detailed Practice Session:** Complete the bottom section of the practice chart during one practice session each week. Select a practice session where you completed goals in all practice areas (fundamentals, handouts, literature). You may use music from your private lessons. This session should take at least 30 minutes. Record the date and your start time.

**Fundamentals:** Place a check mark in the box next to each exercise you complete. You do not need to do all of them during every practice session. Fill in the specifics about the exercise (see "Sample Fundamentals Section") Figure #1. These should be rotated & reflect what is expected in class.

**Literature:** Check the appropriate box for the kind of literature you are practicing. Be specific. If rehearsing a band number, use a different number one for each session.

**Handouts:** All players should be building technical skills on instruments. You may record your practice session in some manner and bring it in for evaluation. This will add an extra 20 minutes to your practice total for the week. Clearly state your goals for that day's practice in practicable and measurable criteria. (e.g. perform measures 3 - 7 at quarter note = 108 three times with perfect rhythm and articulation, etc.)

**Goal Setting/Reflection:** Spend a few thoughtful moments analyzing your goals and approach to today's session. Be specific. Use your evaluation to create a set of measurable goals for your next practice session.

### Practice Strategies

Here are some strategies you might want to try.

Other band members or private teachers might have other ideas.

Clap and Count	Finger and Say	Simplify the Rhythm
Long-Short-Long	Play rhythm on one pitch	Slow it down
Use a metronome	Three times perfect	Say articulation syllables
Pattern Recognition	Chunking	Work back from the end
Isolate one Aspect	Record your playing	Build from the middle

### Practice Chart Scoring

There are 5 points for each day of weekly practice as described below.

You will receive 8 points for your weekly Detailed Practice Session

1. **Weekly Practice** - 5 points for each day of focused practice of 20 minutes or more (up to 30 points).  
Excludes day of Detailed Practice Session.
2. **Detailed Practice Session** - a complete, detailed account of your practice session including specific, measurable goals, use of effective practice strategies, and thoughtful goal setting/reflection. You earn two points each for fundamentals, handouts, literature and four points for goal setting/reflection (total 10 points).

Weekly Score Chart:

36 - 40 Points = A/A-  
32 - 35 points = B/B+  
28 - 31 Points = B-  
24 - 27 points = C/C+

20 - 23 Points = C-  
16 - 19 Points = D/D+  
12 - 15 Points = D-  
Below 12 points = F

Parent Signature \_\_\_\_\_

Student \_\_\_\_\_

**To Be Signed After Student Has Totaled His/Her Points!!!**

Figure 1

**Sample Fundamentals Section**

Concept		Specific Application	Time
Breathing Exercises		4 complete breaths 4 counts in, hiss 8 counts	2 min.
Long Tones		Con. B-flat to F, chromatic, 10 sec. cresc., 10 s	3 min.
Lip Slurs			
Range Exercises			
Rudiments (perc.)			
Pianissimo Attacks			
Scales		B-flat, E-flat, F; 2 octaves, alt. tong/slur, play	12 min
Articulation Exercises			

Figure 2

**Sample Handout Section**

Drill or Exercise		Drill #1
Drill or Exercise		Drill #3 (can already play #2)
Goal/Focus		Play each note perfectly 3X
Strategies		Play slowly to learn & spedd up; use metronome
Fundamentals Emphasized		Articulations, dynamics, tone & intonation
Time		10 min.

Figure 3

**Sample Literature Section**

Solo ( )	Chamber Music ( )	Band Music ( )
Title	Christmas Sarajevo	
Measures	m. 20 -35	
Goal/Focus	play my part accurately w/proper musical fundamentals	
Strategies	clap rhythm; tap toe; finger & say; recorded my rehearsal	
Time	7 min.	

Figure 4

**Sample Goal Setting and Reflection**

Evaluate today's practice session. Did you complete all of your goals? Do you need to revise your goals to make them achievable? What is the balance of time between your three areas of practice? Do you need to make adjustments?
Which strategies were most effective during this practice session?
Based on today's practice session, set some goals for your next practice session.