



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 sec. dim.	3 min.
Lip Slurs			
Range Exercises			
Rudiments (perc.)			
Pianissimo Attacks			
Scales		B-flat, E-flat, F; 2 octaves, alt. tong/slur, play eighth notes at quarter note=90	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 & speed 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.