

# Weekly Practice Chart

Name \_\_\_\_\_

Date \_\_\_\_\_

## Weekly Practice

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY

## Detailed Practice Session

Session Date	Session Start Time	Session End Time			
<b>Fundamentals</b>					
Concept	✓	Specific Application	Time		
Breathing Exercises					
Long Tones					
Lip Slurs					
Range Exercises					
Rudiments					
Pianissimo Attacks					
Scales					
Articulation Exercises					
<b>Etudes</b>					
Book					
Exercise					
Measures					
Goal/Focus					
Strategies					
Time					
<b>Literature</b>					
Solo (P)		Chamber Music (✓)		Band Music (✓)	
Title					
Measures					
Goal/Focus					
Strategies					
Time					
<b>Goal Setting / Reflection</b>					
Evaluate today's practice session. Did you complete all of your goals? Do you need to revise your goals to make them achievable? How do you feel about 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.					

# Weekly Practice Chart

## Directions

**Weekly Practice:** Place a check in the appropriate box for each day that you had a focused practice session of at least 30 minutes. Practice charts are due each week and must be accompanied with a parent initialing each day of completed practice. Failure to do so will result in a ZERO for that day and points will be deducted.

**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 three practice areas (fundamentals, etudes, literature).

Record the date and your start/stop times.

**Foundations:** Place a check mark in the box next to each exercise you complete. You do not need to do all for them during every practice session. Fill in the specifics about the exercise (e.g. Long Tones – up F chromatic scale, one octave 10 sec. cresc. And 10 sec. dim. for each pitch). Record approximately how much time it takes to complete each exercise.

**Etudes:** All players should be working on building technical skill specific to their instrument. Use any method or etude book appropriate for your skill (Arban's, Rubank, Klose, Rose). See me for more recommendations. Record the specific information for that day's practice including a clearly stated and measurable goal (e.g. perform measures 3-7 at quarter note = 108 three times with perfect rhythm and articulation).

**Literature:** Check the appropriate box for the kind of literature you are practicing. Complete the specific information.

**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 additional 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 (10 points possible)

There are 5 points possible for each session (Daily Practice and Detailed Practice Session).  
You must complete both sections to receive a score.

**Weekly Practice** – 1 point for each day of focused practice of 30 minutes or more (up to 5 points)

**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 **one point** for fundamentals, **one point** for etudes, **one point** for literature, and **two points** for goal setting / reflection.