Weekly Practice Chart

Sunday Monday Tuesday Wednesday Thursday Friday Saturda	Name Date											
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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 you 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.