Holmen Middle School

Goal-Orientated Practice Sheet

Name: _____

Week of: _____

Please list how much time you practiced on each day. The expectation is that you will practice at least **every other day for 20 minutes** which takes the place of the band rehearsal. Please use this sheet to log the time, goals, methods, activities and reflection of your weekly practice. One completed sheet is due by the end of class the last rehearsal of the week.

Date					
Practice Time					

Warm-Ups Check all that apply on the day that you did the activity. Not all need to be done every day...or even can be done by everyone.

	Monday	Tuesday	Wednesday	Thursday	Friday
Mouthpiece/Grip Exercises					
Long Tones/Intonation					
Lip Slurs					
Breathing Exercises					
Scales					
Fingering exercises					
Articulation					
Rudiments					
Range					
Others (list)					

Weekly Goal Make sure that this is a concrete, reachable goal for your practice time. It should be put in terms of being able to play measures [X Y Z] in pieces [A B C] at the tempo of [###] (with articulation) (with dynamic marks) (with phrasing), etc.

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Practice Methods Please list all the methods/strategies that you plan to use (or used) to reach your goal (slow down, divide and conquer difficult parts, write in markings as needed, count & clap, finger/stick without playing, etc.)

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Reflection Use the following questions to guide your reflection. Not all the questions need to be answered, but use your reflection to take an honest look at your work thus far and how you will use this information to plan for your next practice session. *Did you reach your goal? What went well or worked for you? What did not work for you? Did you set an appropriate goal? Was the goal too hard or too easy to reach? What can you do better next time to make your practice session more effective and efficient?*

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