

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 an average of **15-20 minutes** every day. This is not rehearsal or lesson time, this is individual practice outside of the band class. 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.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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.

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.)

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*
