

Name: \_\_\_\_\_

Practice Record Due Date: \_\_\_\_\_

**ONLY TIME ON YOUR INSTRUMENT CAN BE COUNTED!  
FOR 100%, PRACTICE MUST EQUAL 5 DAYS A WEEK, 20 MINUTES PER DAY.**

If you have a valid reason for not practicing (illness/family illness) please write in your excuse for that day for consideration.

| Monday  | Tuesday | Wednesday | Thursday | Friday  | Saturday | Sunday  |
|---------|---------|-----------|----------|---------|----------|---------|
| Minutes | Minutes | Minutes   | Minutes  | Minutes | Minutes  | Minutes |

For full minutes of practice, you must:

Total Minutes: \_\_\_\_\_

1. Have at least 4 days of practice
2. Warm up each session
3. Review 2 or more scales per session
4. Practice one new scale (full instrument range)
5. Set 4 specific goals per session using APPROPRIATE practice techniques to reach them
6. Answer end of the week questions.

| Good Warm-up Techniques |                                      |
|-------------------------|--------------------------------------|
| W1                      | Long Tones (listen for best sound)   |
| W2                      | Brass Mouthpiece buzz                |
| W3                      | Articulation Studies                 |
| W4                      | Watch embouchure in mirror           |
| W5                      | Snare rudiment work (list which one) |
| W6                      | Record yourself and listen for tone  |
| W7                      | Long tones with dynamic contrasts    |
| W8                      | Brass: lip slurs                     |

| Good Performance/Practice Techniques |                                   |     |                              |
|--------------------------------------|-----------------------------------|-----|------------------------------|
| P1                                   | Tap and Count                     | P10 | Record and listen            |
| P2                                   | Count and Finger                  | P11 | "Tah" and finger             |
| P3                                   | Sing Note/Articulation and Finger | P12 | Add one note at a time       |
| P4                                   | End with run through              | P13 | Practice with metronome      |
| P5                                   | Look for patterns                 | P14 | Play rhythm on one pitch     |
| P6                                   | Percussion count out loud         | P15 | Start slow, speed up         |
| P7                                   | Work on small chunks              | P16 | 5x in a row with no mistakes |
| P8                                   | Take out slurs                    | P17 | Mark key notes/signatures    |
| P9                                   | Subdivide while playing           | P18 | Work on the end and back up  |

Day:

Warm-up Techniques:

Scales Review:

New Scale:

| Material/Music | Goal | Technique? | Work?  | Technique? | Work?  |
|----------------|------|------------|--------|------------|--------|
|                |      |            | Yes/No |            | Yes/No |
|                |      |            | Yes/No |            | Yes/No |
|                |      |            | Yes/No |            | Yes/No |
|                |      |            | Yes/No |            | Yes/No |

Day:

Warm-up Techniques:

Scales Review:

New Scale:

| Material/Music | Goal | Technique? | Work?  | Technique? | Work?  |
|----------------|------|------------|--------|------------|--------|
|                |      |            | Yes/No |            | Yes/No |
|                |      |            | Yes/No |            | Yes/No |
|                |      |            | Yes/No |            | Yes/No |
|                |      |            | Yes/No |            | Yes/No |

Day:

Warm-up Techniques:

Scales Review:

New Scale:

| Material/Music | Goal | Technique? | Work?  | Technique? | Work?  |
|----------------|------|------------|--------|------------|--------|
|                |      |            | Yes/No |            | Yes/No |
|                |      |            | Yes/No |            | Yes/No |
|                |      |            | Yes/No |            | Yes/No |
|                |      |            | Yes/No |            | Yes/No |

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Day:

Warm-up Techniques:

Scales Review:

New Scale:

| Material/Music | Goal | Technique? | Work?  | Technique? | Work?  |
|----------------|------|------------|--------|------------|--------|
|                |      |            | Yes/No |            | Yes/No |
|                |      |            | Yes/No |            | Yes/No |
|                |      |            | Yes/No |            | Yes/No |
|                |      |            | Yes/No |            | Yes/No |

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Day:

Warm-up Techniques:

Scales Review:

New Scale:

| Material/Music | Goal | Technique? | Work?  | Technique? | Work?  |
|----------------|------|------------|--------|------------|--------|
|                |      |            | Yes/No |            | Yes/No |
|                |      |            | Yes/No |            | Yes/No |
|                |      |            | Yes/No |            | Yes/No |
|                |      |            | Yes/No |            | Yes/No |

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**End of the week questions (in complete sentences)**

Which aspect of your playing improved the most this week?

Which aspect of your playing needs the most work next week?

Which technique of practice worked the best for you this week?

Parent Signature: \_\_\_\_\_