

## Directions

**Weekly Practice:** Place a check in the appropriate box for each day you had a focused practice session of at least 20 minutes. Practice charts are due on Fridays, so the practice week begins Friday and runs through the following Thursday evening. Due to the A-B schedule, if you do not have class on a particular Friday, turn in your practice chart in the band room before school begins.

**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 your start/stop times.

**Fundamentals:** Place a check mark in the box next to each exercise you complete. You do not need to do all of them during every practice session. Fill in the specifics about each exercise (ex. 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 recommendations. Record the specific information for that day's practice including a clearly stated and measurable goal (ex. 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 may have some additional ideas.

Clap and count	Bop	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 end
Isolate one aspect	Record your playing	Build from the middle

## Practice Chart Scoring (100 points possible)

There are 50 points possible for each section (Daily Practice and Detailed Practice Session).  
You must complete both sections to receive a score.

1. Daily Practice— 10 points for each day of focused practice of 20 minutes or more (up to 50 points)
2. Detailed Practice Session— a complete, detailed account of one practice session including specific, measurable goals, use of effective practice strategies, and thoughtful goal setting / reflection. You earn ten points for fundamentals, ten points for etudes, ten points for literature, and twenty points for goal setting / reflection.