

Name _____

Band Locker: _____

You are required to set a goal BEFORE you practice!**Follow these steps:****Set Goal** (example: Breadfan Level 2 to 3) → →**Write** it down!**Do** the practice (working toward that goal)**Evaluate** and circle your progress**Record** your practice minutes**Signed** on Sunday night**Turn in** Monday/Tuesday**Use these “Proficiency Levels” in Goal Setting:**

Level 1 = 5 or more musical errors*

Level 2 = 1-3 musical errors

Level 3 = Once through – no musical errors

Level 4 = 3 times in a row – no musical errors

Level 5 = 5 times in a row – no musical errors

**Musical Errors = unsteady tempo (not fluent), improper technique, incorrect rhythm, notes, articulation, dynamics, breath support/intonation*

Goal Achieved (✓)

Significant Improvement (+)

Some Improvement/Goal Not Completed (-)

Day/Date	Minutes	Specific Goal(s) for each practice session	Progress (circle one)
Mon.			✓ + -
Tues.			✓ + -
Wed.			✓ + -
Thurs.			✓ + -
Fri.			✓ + -
Sat.			✓ + -
Sun.			✓ + -

Days Practiced (target = 5 days)

7 7 points

6 6 points

***5 5 points - TARGET**

4 4 points

3 3 points

2 2 points

1 1 point

Minutes Practiced (target = 100 minutes)

125+ 7 points

110-124 6 points

***100-109 5 points - TARGET**

75-99 4 points

50-74 3 points

25-49 2 points

1-24 1 point

Suggested Practice Strategies - Please check all that apply:

___ Long Tones

___ Slurring Warmups; Lip Slurs (Brass)

___ Scales

___ Articulation Exercises (scale patterns)

___ Rhythm Exercises

___ Rudiments (Percussion) (rolls, flams, etc.)

___ Label rhythms/notes; fingering; say note names; count/clap

___ Playing the rhythm on one pitch

___ Isolation and Repetition (very small segment)

___ Playing phrase by phrase

___ Slowing sections down

___ Using a metronome

Parent/Guardian Signature _____*By signing, you are verifying the days and the amount of time accounted for is accurate*