

Practice Sheet

Date: _____

My Top Goal(s) for this Week (be specific)

- _____
- _____
- _____

What I Practiced (list in order from most to least practice — star your favorite)

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Practice Reflection

Day 1	2	3	4	5	6	7

Smart practice “tools” I utilized during my practice time (circle all applicable)

- | | | | | |
|---|-----------------|--|---------------------------|----------------------------------|
| Block Chords | Add-a-note | Make marks in the score | “Solfege” sing the melody | Listen to a CD/YouTube recording |
| Metronome | Record yourself | Silent/ghost practice | Sections out of order | Hands alone then together |
| Tap & count | Chunk | Half Speed | Rhythms | Hand position moves |
| Creative repetitions | Exaggerate | <i>Really</i> use your ear and focus on your sound | | |
| Backwards practice—work from the end to the beginning | | | Other _____ | |

I still need to work on _____

I performed a well-polished piece for _____

A song I’d like to be able to play _____

At my next lesson I need help with _____

At my next lesson I would like to begin with _____

Potential goal(s) for next week _____