

Weekly Goal Sheet

How many days do you plan on practicing this week? _____

How much time do you plan on practicing this week? (in minutes) _____

What do you plan on practicing throughout the week (which exercises and how much time on each- be specific)? Be sure to practice your weaknesses most of all.

1. Breathing/Long Tones
2. Lip Slurs and Flexibilities
3. Tonguing
4. Range (Low AND High)
5. Scales and Arpeggios
6. Rhythms
7. Exercises and Etudes
8. Ensemble Music
9. Sight-Reading

Practice Log

Write the exercise #/name and minutes practiced

Category	Monday	Tuesday	Wed	Thurs	Friday	Sat	Sun
1							
2							
3							
4							
5							
6							
7							
8							
9							

How much time did you actually practice this week? _____

Did you accomplish all of your goals? _____

If not, what do you need to practice more? _____