

D90 BANDS PRACTICE CHART

Name: _____ Grade: _____ School: _____ Date _____
 Due: _____

Each student is expected to practice 4 times per week for a minimum of 15 minutes with a clear goal or purpose for the practice session.

- 4 times per week with clear goals = 100%
- 2 times per week with clear goals= 50%
- 0 times per week or no clear goals=0%

Before you start practicing, set one goal of something you want to accomplish or improve on!
 Clear goals are made up of two parts:

1. **What** do you want to accomplish?
2. **How well or to what extent** it will be accomplished?

“Once you have a clear picture of your goals, organize around them” – Stephen Covey

Day	What I want to accomplish?	How well or to what extent do I want to achieve it?	Begin Time	How did I do? (%)
Possible examples	-Measures 10-25 -The Bb Scale -Good Sound in the upper register -Clear Tonguing	-Play it perfectly 5 times in a row -Learn all the notes and rhythms -Perform it for my parents perfectly -Play it Perfectly at Half Speed		
Friday				
Saturday				
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				

Parent Signature: _____

Practice charts are due the last day of the week with a parent signature.