

Notes for the Week

Make sure you maintain a healthy balance of stability and agility

Did your week's practice include:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Something High | <input type="checkbox"/> Something Low | <input type="checkbox"/> Recorded Something | <input type="checkbox"/> Practice Partner |
| <input type="checkbox"/> Something Fast | <input type="checkbox"/> Something Slow | <input type="checkbox"/> Multiple Tonguing | <input type="checkbox"/> All 12 keys |
| <input type="checkbox"/> Something Loud | <input type="checkbox"/> Something Soft | <input type="checkbox"/> Sight Reading | <input type="checkbox"/> Playing for others |
| <input type="checkbox"/> Performance | <input type="checkbox"/> Duet | <input type="checkbox"/> Improv | <input type="checkbox"/> sing something |

More Specific Notes/Goals

1
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Practice Chart

Each block is a 15-20 minute practice session. Prepare everything you need before you start the clock.
Record what you work on and cycle through your goals each week.
Always allow adequate time in between practice blocks to recharge, refresh, and refocus

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