

*Circle one: WE and SW- winds only*

Name \_\_\_\_\_

Due Date \_\_\_\_\_

**Weekly Practice**

Day of Week	F	S	Su	M	T	W	Th
# of mins.							

**Detailed Practice Session (only one)**

Session Date		Session Start Time		Session End Time	
<b>Goal Setting</b>					
What is your primary goal this practice session?			How do the fundamentals support the goal of this practice session?		
<b>Fundamentals</b>					
Concept	✓	Specific Application			Tempo
Breathing Exercises					
Long Tones					
Lip Slurs					
Range Exercises					
Pianissimo Attacks					
Scales					
Articulation Exercises					
Creative Variation					
<b>Literature</b>					
Check one:		Etude		Solo	
				Chamber	
					Concert
Title					
Measures					
Goal/Focus					
Strategies					
Time					
<b>Reflection [be specific, write in complete sentences]</b>					
What went well?			What didn't go well?		
How will I improve on the elements that didn't go well?					
Based on today's practice session, set some <u>specific</u> goals for your next practice session.					

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