



Monthly Playing Journal

Name: _____ Band: _____

Month: _____

Total Minutes: _____

If you play more than one instrument you may use just this one form. Practice for your band instrument(s) counts for 100% and any other non-band instruments such as piano, guitar, ukulele, or violin may be included up to 25% of your total minutes (indicate non-band instruments please: example...uke 20 pno 60, etc...) Extra credit will be given for more than the required 100 minutes per week (up to 5% of your overall grade.)

Practice journals can significantly raise 😊 (or lower ☹️) your overall grade as well as improve your playing test and daily progress scores!

Practice Routines should include the following:

- 1) Warm-up – Long tones, mouthpiece playing & lip slurs (for brass), wrist flexibility for percussion
- 2) Technique – scales, tonguing-slurring, percussion rudiments (rolls, flams, paradiddles, drags)
- 3) Rhythm studies and sight-reading
- 4) Band music practice – practice slowly and carefully and work it up to and beyond performance tempos
Fun practice! Play songs by ear or from solo or popular books. Enjoy your instrument!

Week One	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Practice in minutes								

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Practice in minutes								

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Practice in minutes								

Week Four	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Total
Practice in minutes								

Reflection:

What I practiced: _____

What I improved: _____

Goals to work on: _____

(parents – writing one or two comments helps to verify your knowledge or supervision of practice times)

Parent Signature & comments: _____
