

**_____ Practice Record Week __ - __ 9 weeks Symphonic
Band/ Honors Ensemble and 9th Grade Band/ Beg Band**

Name: _____

Practice Goals: Your grade for each week will be graded on the average of two things: your ability to reach the goals set for each week and the number of days you practice.

Goal Self Assessment	Daily Practice Grade
<p><i>Grade yourself each day based on how well you can play each goal. Use the list below to grade yourself.</i></p> <p align="center"> <i>A = both goals are met B = one goal met, 2nd goal improved C = both goals are improved D = one goal improved, 2nd no improvement F = both goals show no improvement</i> </p>	<p><i>15 minutes per day is recommended for every day you record on the practice sheet.</i></p> <p align="center"> <i>A = 60 mins. B = 45 mins. C = 30 mins. D = 15 mins. F = 0 mins.</i> </p>

<u>Weekly Goals</u>	<u>Day</u>	<u>Day</u>	<u>Day</u>	<u>Day</u>	<u>Day</u>	<u>Day</u>	<u>Day</u>	<u>Parent Signature</u>
#1 – Fill in the goal as set in class								
#2 – Fill in the additional goal as set in class.								

Fingerings	Rhythms	Tone	Intonation
5x in a row w/ no mistakes Small sections at a time Start slow, then speed up Start in different spots Change up the rhythm	Count and Clap! Play it on one note Take out the slurs Use a metronome Sing it	Long Tones Experiment w/ tongue placement Crescendo drill Breathing exercises Use your CD	Tuner Intonation Chart Sing It Match pitch

Total Time Practiced