

Week starting on (date): / / 20

| Task | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
|---|---|---|---|---|---|---|---|
| Breathing: exhale, let breath in, s s s, s s s... 3 times | | | | | | | |
| Mouthpiece Etudes: dialog, low and high notes. Play tunes and scales | | | | | | | |
| Harmonic Series Etudes | | | | | | | |
| Thrills of Trills | | | | | | | |
| Scales (refer to the Scaleworks Practice chart) A \flat A B \flat B C D \flat D E \flat E F F \sharp -G \flat G chrom. 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 | | | | | | | |
| <i>Long tones or passages</i> | | | | | | | |
| Band music | | | | | | | |
| Solo Music | | | | | | | |
| Fun stuff | | | | | | | |
| Studies/methods | | | | | | | |
| | | | | | | | |
| Evaluation | ☺ | ☺ | ☺ | ☺ | ☺ | ☺ | ☺ |
| Holding Instrument properly | | | | | | | |
| Posture | | | | | | | |
| Corrected mistakes BEFORE going on | | | | | | | |
| | | | | | | | |
| Parent's initials | | | | | | | |

Self evaluation:

For each day put a check beside the task you complete during your practice for that day.

Evaluate your practice sessions (evaluation category). Keep in mind that the reason for the self evaluation is to help you progress by reminding you about things to keep in mind whenever you are playing your instrument. The only consequence for low grades is that you will be reminded why you may not be making advances in your playing.

- + good all the time
- ✓ good most of the time
- 0 OK some of the time
- not very good
- ☹ I'll try tomorrow

Each day after you have practiced, have one of your parents initial the column for that day.

☺ HAVE FUN ☺

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