

Sands Band Practice Log

Name: _____

1. Recommended practice time: 1 hour/ week; 15mins/ day
2. Recommended practice routine: 5 minutes on technique, 7 minutes on parts that you struggle in the pieces, 3 minutes on songs you like
3. Please make sure your parents signed it
4. Please be as specific as possible with your weekly goal

Goal for the first week:

What are some strategies that might help achieving your goal:

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Time Spend on Technique							
Time Spend on Songs							

Did you successfully achieve your goal?

Goal for the second week:

What are some strategies that will help achieving your goal:

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Time Spend on Technique							
Time Spend on Songs							

Did you successfully achieve your goal?

Parent signature: _____