

Intentional Practice

A Goal-Oriented Practice Log

Date – Always take note of the day and time.

Goals - Set your goals in two areas:

Technical Goals – Exercises, warm-ups, rudiments or skills that will directly relate to the music that you will be practicing during your session. This should also serve as a good warm-up before you begin working on your music.

Musical Goals – These goals relate directly to the music you're currently learning and practicing. These can include excerpts or all of your region etudes, solo, ensemble, band and drumline music.

Assess - Which goals did you achieve during this session and in what areas do you need to continue working to improve? Be specific with tempos, dynamics, stick control, stroke, timing, rhythms or whatever issues you may be experiencing.

Timing – It is important to list your start and end time so that you can develop your awareness of how much you can realistically achieve in a particular amount of time. Be sure to set reasonable, realistic goals.

Date _____

Technique - _____

Music - _____

Assessment - _____

Start time _____ End time _____ Total time _____

Name _____

Intentional Practice

Date _____

Technique - _____

Music - _____

Assessment - _____

Start time _____ End time _____ Total time _____

Date _____

Technique - _____

Music - _____

Assessment - _____

Start time _____ End time _____ Total time _____