

Monthly Band Practice Report



for the month of January



Name: _____

Instrument: _____

Goals: 3 or more days each week = outstanding effort (see reverse for practice goals and strategies)
 2 days each week = minimum effort requirement
 1 or fewer days per week = not meeting effort expectations

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Week 1 Total Days: _____ Parent Signature: _____

Week 2 Total Days: _____ Parent Signature: _____

Week 3 Total Days: _____ Parent Signature: _____

Week 4 Total Days: _____ Parent Signature: _____

End of month student reflection, to be completed in class:



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OBJECTIVES: Aim for at least 5 of these every session	Strategies for Practicing:
1. I listened to a professional musician play my instrument to copy their sound	1) Practice SLOWLY and gradually speed up
2. Practice note reading drills or rhythm identification using flashcards or online games	2) Use a METRONOME
3. I set up my practice space with my music, pencil & metronome	3) Check you TUNING regularly with a TUNER
4. I did 2+ minutes of focused breathing gym exercises	4) 'Chunk it'!
5. I worked on posture, hand position, embouchure, and air support	5) Use the 7 Steps to Band Success if you are struggling
6. I played my warm-up with my best sound, and tuned my instrument when done	6) Write counts under any parts where the rhythm gives you trouble
7. I wrote counts for a rhythm line and then clapped, counted out loud and tapped my foot through the line	7) Don't forget about the importance of TONE! Sometimes a valid strategy is just to focus on how beautiful & clearly centered your sound is.
8. I played my scales and concentrated on key signature & tonguing. I even came up with new scale patterns	8) Habitsuniversal.com has play along videos for all method book excerpts!
9. I picked a familiar tune (children's song, folk song, popular melody) and tried to figure it out by ear (no music)	9) Online note reading and rhythm practice games can be found at www.musicatrms.weebly.com/online-games
10. I worked on something from my method books, focusing especially on playing test pieces	
11. I worked on assigned or tricky measures of my current band song(s)	
12. I played along with a recording at home (using habits universal or jwpepper.com)	
13. I played something that brought me joy or made me happy on my instrument. (Careless Whisper, YouTube tutorial, favorite song, etc)	
14. I performed for a friend or family member something I've been working on	
15. BONUS: I practiced a different instrument (other than my band instrument)	

There are 15 objectives listed. In each week, you should aim to cover each objective at least once.

However, you won't always complete the entire list every practice session. That is ok.

On the reverse side, simply record and track which objectives you were able to achieve during each session.

(ex: 2, 3, 5, 10 & 12)

