

EJ Hayes Band PRACTICE JOURNAL

Name _____

INSTRUCTIONS: Fill out one section for each 20 minute practice session. Each section of this journal is worth 100 points (400 points total). Practice counts 10% towards your total grade. You must have a parent or guardian signature for credit. Practice Journals are due on Friday. They will be accepted no later than one week past the due date.

One section per 20 minute practice session. Date _____

List the scales, exercises, or pieces you practiced today:

At the end of your practice time, think about how you sounded today and check one box to complete each statement.

	O.K.	Good	Excellent
1. My TONE was.....(Percussion: my technique)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. My POSTURE and PLAYING POSITION were....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. My concentration was.....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Stayed the same	Improved a little	Improved quite a bit
4. My ability to play NOTES and FINGERINGS... (Percussion: My ability to play rudiments...)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. My attention to BREATH MARKS and PHRASING... (Percussion: My attention to STICKINGS...)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. My ability to COUNT and PLAY RHYTHMS...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. My attention to DYNAMIC ONTRAST...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. My attention to ARTICULATION...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. My overall ability to play the music I practiced... _____			
10. The scale, exercise, or music (section) I improved the most today was _____			
11. The next time I practice, I need to review (or work more on) _____			

START TIME: _____ **END TIME:** _____

Parent Signature/Comment

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Parent/Guardian Signature or comment

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