

Anthony Bands Practice Journal # _____ Achievement Level: _____/8

Name _____ Band Day: A B Hour: 1 2 3 4 5
(circle A or B) (circle your band class hour)

Record your home practice on this sheet. Turn in a practice journal page every 2 weeks.
The front side is week one and back is week two. During class we practice how to practice.
Use the performance skills we practice in rehearsal during your home practice.

What you need to practice: instrument, music, pencil, chair and music stand, light, calm and quiet
Use the word “**STARS**” to guide yourself during your home practice.
S=sharps and flats **T**=time signature and tempo marks **A**=accidentals **R**=rhythms **S**=signs

Week 1 Practice Journal Start Date: _____ Due Date: _____
Practice Time and Days: (BEST= Practice 4 days a week for 20 minutes each time)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

TOTAL MINUTES FOR THE WEEK: _____ (Goal = 80 minutes)

Learning Targets:

- _____
- _____
- _____

Music to Practice:

- _____
- _____
- _____

Reflection:

2 personal goals of my week of practice:

- _____ 2. _____
- Did you achieve this goal? YES NO Did you achieve this goal? YES NO

Practice Strategy that was successful this week: _____

Week 2 Practice Journal **Start Date:** _____ **Due Date:** _____
Practice Time and Days: (BEST= Practice 4 days a week for 20 minutes each time)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

TOTAL MINUTES FOR THE WEEK: _____ **(Goal = 80 minutes)**

Learning Targets:

1. _____
2. _____
3. _____

Music to Practice:

1. _____
2. _____
3. _____

Reflection:

2 personal goals of my week of practice:

1. _____ 2. _____
- Did you achieve this goal? YES NO Did you achieve this goal? YES NO

Practice Strategy that was successful this week: _____

Due dates for all Practice Journals for the year as well as the level descriptor for each achievement level can be found on the paper in your band binder and on the band web page under “home”.

Student or family member feedback on weekly practice write here:

