**Etudes/Literature**

**Title/Book and Exercise** – Be specific so I know what you’re working on. Note that “Foundations for Superior Performance” is not an etude book. Exercises from that book can be part of your fundamentals. If you are looking for an etude book, please refer to the list posted on the band website.

Example: Rose Studies, #3

**Measures** – Write down the specific measures you are focusing on today. This doesn’t mean you can’t play more when you’re done, but there is a huge difference between playing and practicing. Narrow your focus to something small that you can improve right now. Please do not write “all.” This is simply a waste of your practice time.

Example: 27-35

**Goal/Focus** – This needs to be a **specific** and **measurable** goal. You should be able to objectively determine whether or not you have succeeded at the end of your practice time. “Get better” is not specific nor is it easily measurable. Use S.M.A.R.T. goals:

S – specific

M – measurable

A - attainable (today)

R – relevant (to your growth as a player)

T – time-bound (the goal needs to be reasonable within the amount of time you are

practicing for this session)

Example: perform with a steady beat (no note/rhythm mistakes) without stopping at quarter = 100 (this would only apply to the target measures indicated above)

**Strategies** – List the strategies that you are applying to the target measures in order to achieve your goal. There is a list of popular practice strategies on the back of the practice chart. Select strategies that are directly related to the goal. If your goal is to work on playing the articulations then there are several strategies that might be useful (“slow it down”, “say articulation syllables”), but “finger and say” or “long-short-long” would not be good choices because they have nothing to do with articulation.

Example: Slow it down, work back from the end, isolate one aspect