

Practice log

One ticket for each day you practise or rehearse.



7 DAYS

NAME _____ INSTRUMENT, VOICE OR GROUP _____ WEEK OF _____

1 Daily practice

ACT 1

Fill in a ticket after each session. Write the minutes in the scoreboard boxes.

Effort: circle one number. 1 = hard to focus, 5 = full focus all session.

TARGET MIN			WEEK TOTAL MIN			DAYS

DAY 1 Date _____	Piece or exercise _____ What improved _____	Goal _____ Still hard _____	MIN EFFORT 1 2 3 4 5
DAY 2 Date _____	Piece or exercise _____ What improved _____	Goal _____ Still hard _____	MIN EFFORT 1 2 3 4 5
DAY 3 Date _____	Piece or exercise _____ What improved _____	Goal _____ Still hard _____	MIN EFFORT 1 2 3 4 5
DAY 4 Date _____	Piece or exercise _____ What improved _____	Goal _____ Still hard _____	MIN EFFORT 1 2 3 4 5
DAY 5 Date _____	Piece or exercise _____ What improved _____	Goal _____ Still hard _____	MIN EFFORT 1 2 3 4 5
DAY 6 Date _____	Piece or exercise _____ What improved _____	Goal _____ Still hard _____	MIN EFFORT 1 2 3 4 5
DAY 7 Date _____	Piece or exercise _____ What improved _____	Goal _____ Still hard _____	MIN EFFORT 1 2 3 4 5

Look back, plan ahead



NAME _____ WEEK OF _____

LEARNING GOAL

Practise with a purpose, then reflect and plan.

SUCCESS CRITERIA

- ☐ I can set a clear, small goal for each session.
- ☐ I can choose a strategy that fits the problem.
- ☐ I can use my log to set my next target.

2 Weekly reflection

ACT 2

Which session helped you most? Use your minutes, effort and "what improved" to explain.

Look at "still hard". What kept coming back?

3 Slow practice menu

ACT 3

Pick a strategy for a tricky passage. Try it, then tick and circle on its stub.

A Chunking

1. Work in chunks of 2 to 4 bars.
2. Secure one, then join it to the next.

TRIED ☐

HELPED?

Yes No

B Slow then faster

1. Play slowly, with no mistakes.
2. Right 3 times? Go a little faster.

TRIED ☐

HELPED?

Yes No

C Repeat the tricky bar

1. Play only the notes that go wrong.
2. Add the bars either side to join up.

TRIED ☐

HELPED?

Yes No

D Record and listen

1. Record one short section.
2. Listen with the music. Note one fix.

TRIED ☐

HELPED?

Yes No

4 Target for next lesson

FINALE

My target (what, which bars, how well):

Strategy (A, B, C or D) and which bars:

Tutor check Target met? Yes Partly Not yet

TEACHER OR TUTOR INITIALS
