

Practice Journal

Week Starting: Monday ____/____/201__		Student Name: _____
My Focus This Week:	1.	
	2.	
	3.	
	4.	
Choose four items that you will focus on during your practice time this week.		

Below, describe what you practiced each day of the week. You will need to be specific to receive credit for your Practice Journal. Which Focus (from your list above) did you apply? How long did you spend on each item? Did you master/achieve your goal for the week on each Objective/Excerpt?

Monday Objectives or Excerpts Practiced	Minutes Practiced	Applied Focus (1-4)	Mastered? (y/n)
1.			
2.			
3.			
4.			
Tuesday Objectives or Excerpts Practiced	Minutes Practiced	Applied Focus (1-4)	Mastered? (y/n)
1.			
2.			
3.			
4.			
Wednesday Objectives or Excerpts Practiced	Minutes Practiced	Applied Focus (1-4)	Mastered? (y/n)
1.			
2.			
3.			
4.			
Thursday Objectives or Excerpts Practiced	Minutes Practiced	Applied Focus (1-4)	Mastered? (y/n)
1.			
2.			
3.			
4.			
Friday Objectives or Excerpts Practiced	Minutes Practiced	Applied Focus (1-4)	Mastered? (y/n)
1.			
2.			
3.			
4.			
Saturday Objectives or Excerpts Practiced	Minutes Practiced	Applied Focus (1-4)	Mastered? (y/n)
1.			
2.			
3.			
4.			
Sunday Objectives or Excerpts Practiced	Minutes Practiced	Applied Focus (1-4)	Mastered? (y/n)
1.			
2.			
3.			
4.			

Parent Signature: _____

Grading Rubric	
110%	7 Days Practice + Pass off at least 1 objective <i>in class</i>
100%	7 Days Practice
90%	6 Days Practice
80%	5 Days Practice
70%	4 Days Practice

Note:

- 3 or less days of practice = 0%
- No Parent Signature = -50
- Turned in Late = -10/day
- Practice Journals are not accepted after Thursday
- Minimum 30 min/day to receive daily credit