

This week's practice

NAME

WEEK

BEGINNING

Write the aim on Monday, not the minutes. A week where you fixed three bars properly beats a week of full run-throughs, and this sheet is how you prove it to yourself.

One aim for the week

Something you could finish — "bars 24–31 up to speed", not "get better at scales".

What I'm working on

Pieces, studies, scales, composition — whatever is open on the stand.

DAILY LOG

DAY	MINS	WHAT I WORKED ON	WHAT CHANGED — AND WHAT TO START WITH TOMORROW
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			

DID I ACTUALLY PRACTISE, OR JUST PLAY?

☐ I named the problem in words before playing it

☐ I worked slower than performance tempo

☐ I stopped and fixed rather than playing on

☐ I started somewhere other than bar 1

☐ I recorded myself at least once

END OF THE WEEK

BEST THING THAT HAPPENED

STILL NOT WORKING

ASK MY TEACHER ABOUT