

Weekly Practice Record

How many practice sessions did you have this week?

- 0
- 1-2
- 3-4
- 5 or more

What was your **total time** spent practicing this week?

- None
- Less than one hour
- Between one and two hours
- Between two and three hours
- More than three hours

I practiced exercises from Essential Elements during each practice session.

- True
- False

I practiced concert music during each practice session.

- True
- False

I practiced music for my private lessons during each practice session.

True

False

I practiced other fun music I found on my own during each practice session.

True

False

What are you better at as a result of practicing this week?

What is your practice goal for next week?