

Day	What did you Practice? (not just play through); write down goal 1st , Constructive Listening & Positive Mental Imaging can also be included	Why? What was your specific Goal for each? (If something went really well, figure out why/how!) Congratulate yourself when things go well!	How Long?	MM	Total Practice Time
M o n d a y			How Long = How long did you spend on each tune or each concept. Add up all the "How Longs" for the TOTAL PRACTICE TIME	MM = metronome mark - sometimes we want to see it stay the same, sometimes we want to see it go from slower to faster; sometimes we want to see a variety so your fingers don't get stuck in a rut	
T u e s d a y					
W e d n e s d a y					
T h u r s d a y					
F r i d a y					
S a t u r d a y					
S u n d a y					