

**SHELBYVILLE MIDDLE SCHOOL BAND**  
**WEEKLY AT-HOME PRACTICE JOURNAL**

<b>Student Name:</b>	<b>Locker #:</b>
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<b>Instrument:</b>	<b>Grade:</b>	<b>Due Date:</b>
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**Each session should be approximately 20 minutes in length.**

**SUMMARY:** What did you practice this week? (You may make one list for the entire week that includes warm-ups, exercises, examples from the book, concert music, pep band music, etc.)

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**REFLECTION 1a:** Of the music that you practiced, which measures or exercises were the most difficult? Why?

(ex.: Measure 24 in *America the Beautiful* was the most difficult because it has a high G in it. I have never played a high G before.)

**REFLECTION 1b:** How did you practice these measures or exercises? Did it help?

(ex. I practiced this measure by playing one note at a time very slowly. This really helped me understand how much air I need to use for the high G.)

**REFLECTION 2:** Of the music that you practiced which measures or exercises were the most fun? Why?

(ex. The last four measures of *Poker Face* were the most fun because I get to play part of the melody!)

**GOAL SETTING:** What do you hope to accomplish or work toward during the upcoming week?

**After** you fill out the 4 boxes above and **before** you turn it in, set at least one goal. Be specific!

(ex. Next week I hope to play a high G at least 9 out of 10 times in a row!)

<b>SCORING</b>	<b>5 Points =</b> All sections are completed. Responses are focused and make sense.	<b>4 Points =</b> 1 response is incomplete/blank <b>OR</b> responses are not always focused and may not always make sense.	<b>3 Points =</b> 2 responses are incomplete/blank <b>OR</b> responses are not always focused and may not always make sense.	<b>2 Points =</b> 3 responses are incomplete/blank <b>OR</b> responses are barely focused and do not make sense most of the time.	<b>1 Points =</b> 4 responses are incomplete/blank <b>OR</b> responses do not address the prompts and do not make any sense.	<b>SCORE</b>	<b>OPTIONAL PARENT/ GUARDIAN INITIALS:</b>
	<b>1 Point</b> will be deducted for <b>NOT</b> including the correct information at the top of the page.					<b>/5</b>	