

# Practice Journal 1

Name \_\_\_\_\_

29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	Parent Initial

## Instructions

Draw a star in each day that you followed the practice routine listed below. In order to receive credit, practice journal **MUST** be initialed by a parent or guardian to verify that it is accurate.

## Practice Routine

- 5 minutes - Long Tones and SuperChops
- 5 minutes - Scale Patterns
- 5 minutes - Review old and current AA Exercises
- 10 minutes - Band Music

## Practice Tips

Find a quiet place where you can practice without being interrupted and where you won't be interrupting anyone else.

Make daily practice part of your daily routine. Once you get in the habit of practicing everyday, you won't even think about it.