



PRACTICE LOG

As a member of FYO, you are expected to spend time outside of class practicing your instrument. This is an important part of mastering skills and gaining confidence in playing. Students should practice their instrument at home, a minimum of five days a week. Beginning students should aim for 15 minutes per day/ 75 minutes per week. More advanced students should total at least 125 minutes of at-home practice per week.

On the chart below, keep track of the time you spend practicing each day outside of class. You can start any day of the month. Students who meet the minimum weekly goal for four weeks in a row will earn a treat from the Suite Shop. **Turn in your completed practice chart to Ms. Cheryl, signed by your Mom or Dad, at the end of four consecutive weeks of practice, to receive the treat.**

Student Name:								
Start Date:								
Sunday	Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Total Minutes	Parent Signature

Practice Tips:

Always practice in a quiet place, without distractions.

Violinists and violists, spend the majority of your time standing, with excellent posture; you will have more energy!

It is recommended that students use a music stand, and place the music at eye level.

Begin and end your practice sessions with music you are very comfortable playing, and enjoy just playing your instrument!

Practice materials from Wed. fundamentals classes first, then move on to your orchestra repertoire music. Concentrate on difficult passages, and work them out slowly and carefully.

Always pay attention to your bow hold, bowing technique, (keep the bow in a straight line, in lane 3), and your left arm and hand position.

Listen to your playing, and enjoy creating music!