

FRIDAY			
Exercise/Book (30-40%)	Specific section(s) I worked on	Met. Mark	Practicing Strategies Used
Total Minutes:		Parent Initials:	

SATURDAY			
Exercise/Book (30-40%)	Specific section(s) I worked on	Met. Mark	Practicing Strategies Used
Total Minutes:		Parent Initials:	

SUNDAY			
Exercise/Book (30-40%)	Specific section(s) I worked on	Met. Mark	Practicing Strategies Used
Total Minutes:		Parent Initials:	

MONDAY			
Exercise/Book (30-40%)	Specific section(s) I worked on	Met. Mark	Practicing Strategies Used
Total Minutes:		Parent Initials:	

**TUESDAY**

	Specific section(s) I worked on	Met. Mark	Practicing Strategies Used
Exercise/Book (30-40%)			
Performance Music (60-70%)			
Other Materials			
Total Minutes:		Parent Initials:	

**WEDNESDAY**

	Specific section(s) I worked on	Met. Mark	Practicing Strategies Used
Exercise/Book (30-40%)			
Performance Music (60-70%)			
Other Materials			
Total Minutes:		Parent Initials:	

**THURSDAY**

	Specific section(s) I worked on	Met. Mark	Practicing Strategies Used
Exercise/Book (30-40%)			
Performance Music (60-70%)			
Other Materials			
Total Minutes:		Parent Initials:	

**WEEKLY REFLECTION**

Total Minutes for the Week: \_\_\_\_\_

2 things I'm better at

1. \_\_\_\_\_

2. \_\_\_\_\_

3 Things that still need improvement

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**GOAL SHEET INSTRUCTIONS**

1. Create a plan each day for what and HOW you will practice.
2. Use your metronome, tuner and other highly effective practicing tools/strategies. Your practicing should include a balance between exercises and performance music. This is IMPERATIVE for your success and long-term improvement.
3. Log the # of minutes practiced and get your parent initials for verification.
4. Goal sheets are due every Friday or at the next class meeting.

**SCORING**

**TOTAL = 40 points**

- 16 points - 90 total minutes
  - 8 points - 6 days of practice
  - 8 points - use of Metronome, Tuner and Practicing Strategies
  - 4 points - Weekly Reflections
  - 4 points - 30 Minutes in C101
- The policy for late assignments applies to Goal Sheets. Goal sheets without total minutes for the week or missing parent initials will be graded as an incomplete.