

FRIDAY

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

SATURDAY

	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:	

SUNDAY

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

MONDAY

	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:	

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

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

THURSDAY			
Exercise/Book (30-40%)	Specific section(s) I worked on	Met. Mark	Practicing Strategies Used
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 - 180 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.