



Name: _____

Instrument: _____

Home Band: _____

Email: _____

2021 PRACTICE LOG

DATE

WHAT I PRACTICED (optional)

TAKEAWAYS (optional)

DATE	WHAT I PRACTICED (optional)	TAKEAWAYS (optional)
DAY 1		
DAY 2		
DAY 3		
DAY 4		
DAY 5		
DAY 6		
DAY 7		
DAY 8		
DAY 9		
DAY 10		
DAY 11		
DAY 12		
DAY 13		
DAY 14		
DAY 15		
DAY 16		
DAY 17		
DAY 18		
DAY 19		
DAY 20		
DAY 21		
DAY 22		
DAY 23		
DAY 24		
DAY 25		
DAY 26		
DAY 27		
DAY 28		
DAY 29		
DAY 30		




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TOP TEN PRACTICE TIPS

PRACTICE EVERY DAY

Help your long-term memory—Improve your learning curve

HAVE SPECIFIC GOALS

Create specific, attainable goals before you practice

BEGIN WITH THE BASICS

Go over technique first—Always have a warm-up plan

FOCUS ON THE TOUGH STUFF

Spend your time on what you cannot play—Turn fear into confidence

WRITE IT DOWN

Get the most from your practice log—See your goals and accomplishments

SLOW IT DOWN

Muscle Memory--Never make mistakes—Learn it right the first time

BREAK IT DOWN

Identify musical sections—Don't always start at the beginning—Help memorization

USE A METRONOME

Always work on improving your time—Don't stretch time for the Tough Stuff

PRACTICE AWAY FROM YOUR INSTRUMENT

Visualize yourself playing successfully—Hear the music in your mind

ACCENTUATE THE POSITIVE

Use positive language in the practice room—Focus on solutions, not problems