

NAME: _____

Weekly Practice Checklist

Did you	M	T	W	R	F	S	S
Write out your practice goals?							
Warmup?							
Buzz your mouthpiece?							
Use a metronome?							
Play with a drone?							
Use a tuner?							
Practice your basics?							
Practice slowly?							
Record yourself?							
Mark your music?							
Practice scales and arpeggios?							
Sing?							
Relax?							
Take breaks?							
Visualize yourself playing great?							
Expand your "Edges"?							
Perform for someone?							
Play a solo?							
Play an etude?							
Improvise?							
Listen to amazing music?							