



ORCHESTRA PRACTICE JOURNAL

Name _____ Date _____ Hour _____

Try to practice 10-20 minutes at least 5 days each week & keep track of your minutes below.

IDENTIFY & DECIDE: What do I need to practice this week?

Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Minutes Practiced							
							_____ TOTAL MINUTES

EXECUTE: What practice strategies did you use this week? (Use your practice strategies list to help.)

ANALYZE: Write a reflection on this week's practice. Feel free to use these questions to help you think (you don't have to answer them all): What parts did you enjoy? What did you struggle with? What has improved? Do you have a goal for next week? Do you have any questions to bring up in class?

Parent/Guardian Signature: _____ Date _____

Practice Journal Grading Scale:

- A 75+ minutes
- B 55-74 minutes
- C 35-54 minutes
- D 15-34 minutes
- E Less than 15 minutes

Playing Test Spot:**Date of Test:**

PLAYING TEST RUBRIC	+, ✓, or –	Comments
POSTURE		
BOW HOLD		
INTONATION		
RHYTHM		
TONE		
BOWINGS		
STYLE (Dynamics, Tempo, Phrasing, Articulation)		
	<u>TOTAL</u>	<u>points</u>