**Practice Journal**

This week, please use this sheet to help guide your practicing. Fill out the relevant areas at the beginning of the week, then quickly review the information at the beginning of each practice session (while your reeds soak). Keep the sheet on your stand as you practice, and if anything comes up, like a surprisingly difficult piece of music, make a note of that, and of how you plan to work on it. At the end of the week, please fill out the Review section at the end.

**Long-term goals**—this section should be filled out at the beginning of the week, although you are encouraged to add ideas to the second question throughout the week.

1. What general area(s) of my playing would I like to focus on improving? (Choose one or two to focus on at a time.) Examples might be air support, hand position, embouchure, tuning, articulation, dynamic control, etc.

2. How will I work on this? Are there any parts of my warm-up or exercises in my lesson book that would be useful for this specific issue? Would it be helpful to use a tool to help with this (tuner, metronome, mirror, etc.)? How might I be able to tweak or add to my warm up/practice routine to improve this aspect of my playing? (Feel free to brainstorm and try out new ideas. That’s what practice is for.)

**Music**—the first question should be filled out at the beginning of the week, though more can be added to it throughout the week. The other questions should be looked at and probably added to each time you practice.

1. What music do I need to focus on this week (scales, band music, and please try to prepare at least one page of your lesson books each week).

2. What do I need to work on for these pieces? What music is most difficult for me to play correctly, and what specifically about it is giving me trouble?

3. How will I work on each of these issues? (saying and fingering for notes, counting or counting and fingering with a metronome for rhythms, singing and fingering for articulation, etc.)

**Review—**this section should be filled out at the end of the week

1. What was most challenging for me this week on oboe (tonguing, rhythms, endurance, smooth fingers, etc.)?

2. What was easiest?

3. Concerning the overall issue I chose to address this week, what practice strategies seemed most helpful (long tones, slow scales with tuners, something you made up, etc.)? Did I notice myself improving in this area?

4. Concerning specific issues in the music, what strategies seemed most helpful?