Day / Date: **SAMPLE PLAN**

Any Notes, Intentions, or Goals for this Practice Session:

- Improve tone

Practice Plan:

Include target metronome speeds in your plan

<table>
<thead>
<tr>
<th></th>
<th>Warm-Up – Breathing</th>
<th>Practice Block 1 – Work on Tone</th>
<th>Practice Block 2 – Hot Cross Buns</th>
<th>Practice Block 3</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>In 4, hold 4, out 8</td>
<td>Embouchure checklist → G X 3 times</td>
<td>Measures 1 &amp; 2 only → strong air and consistent tone X 3 times</td>
<td></td>
</tr>
</tbody>
</table>

Learnings/Takeaways, Notes, or Goals for Next Time:

- Next time – work on the 8th notes in Hot Cross Buns

Note: When it says “3 times,” that is 3 times correctly. If you make a mistake, it doesn’t count as your three times.