

Day / Date: SAMPLE PLAN

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

Improve tone

Practice Plan:

Include target metronome speeds in your plan

<input type="checkbox"/>	Warm-Up - Breathing	In 4, hold 4, out 8
<input type="checkbox"/>	Practice Block 1 Work on tone	Embouchure checklist → G X 3 times
<input type="checkbox"/>	Practice Block 2 Hot Cross Buns	Measures 1 + 2 only → Strong air and Consistent tone X 3 times
<input type="checkbox"/>	Practice Block 3	

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.