

Score: _____/18pts.

	1 point	2 points	4 points
6th Grade Band	5-9 min.	10-24 min.	25+ min.
Intermediate Band	10-14 min.	15-34 min.	35+ min.
Concert Winds/ Cadet Band	10-19 min.	20-44 min.	45+ min.

Name: _____

Class Period: _____

Due Date: **FRIDAY, April 23rd**

DATE	WARM-UP	WORKOUT	FUN	# OF MINUTES	POINTS
MON. 4/12					
TUES. 4/13					
WED. 4/14					
THURS. 4/15					
				TOTAL (MAX of 8 pts)	

Remember:

- ✓ **ALWAYS** use a metronome OR the accompaniment CD that comes with your book! (A free metronome is available online at www.metronomeonline.com.)
- ✓ Each time you practice, you should do each of the following:
 - **warm-up** (examples include: scales, pattern exercises, lip slurs, long tones, mouthpiece sirens, sticking/rudiment exercises)
 - **workout** (some intense time on something you need to improve or something that's new)
 - **fun** (play something that you like to play just for fun, or go perform for someone)

You may print this practice log from the Lake Orion Band Booster Website:
<http://www.lodragons.org/documents/oakview.php>

 Parent/ Guardian signature

 Date

- Full credit ("A" Grade) is **10** points each week; exceptions are weeks with weekdays without school (vacations, teacher workdays, etc.). These are EXTRA CREDIT.
- Credit limit per week is **14** points.
- Deductions may occur for missing descriptions or false information.
- -2 points for each day a log is late
- Late logs will not be accepted after a week past the due date.
- No credit issued without a parent/guardian signature.

DATE	WARM-UP	WORKOUT	FUN	# OF MINUTES	POINTS
FRI. 4/16					
SAT. 4/17					
SUN. 4/18					
MON. 4/19					
TUES. 4/20					
WED. 4/21					
THURS. 4/22					
				TOTAL (MAX 14)	

Parent/ Guardian signature **Date**