

Score: _____/18pts.

	1 point	2 points	4 points
6 th Grade Band	5-9 min.	10-24 min.	25+ min.
7 th and 8 th Grade Band	10-19 min.	20-44 min.	45+ min.

Name: _____
 Class Period: _____
 Due Date: FRIDAY, February 3rd

DATE	WARM-UP	WORKOUT (GOALS)	FUN	# OF MINUTES	POINTS
FRI. 1/20					
SAT. 1/21					
SUN. 1/22					
MON. 1/23					
TUES. 1/24					
WED. 1/25					
THURS. 1/26					
				TOTAL	

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: www.lodragons.org/documents/oakview.php
- ⇒ Any work done outside of your regular class period counts as practice time. This includes: work during STAR, private lessons, after-school rehearsals, DS Stage Band Rehearsals, etc.

 Parent/ Guardian signature Date

- 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.
- 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.

DATE	WARM-UP	WORKOUT (GOALS)	FUN	# OF MINUTES	POINTS
FRI. 1/27 *					
SAT. 1/28					
SUN. 1/29					
MON. 1/30					
TUES. 1/31					
WED. 1/32					
THURS. 1/33					
				TOTAL	

**No school—extra credit day*

Parent/ Guardian signature

Date