

Score: _____/20pts.

	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

DATE	WARM-UP	WORKOUT (GOALS)	FUN	# OF
FRI. 2/3				
SAT. 2/4				
SUN. 2/5				
MON. 2/6				
TUES. 2/7				
WED. 2/8				
THURS. 2/9				

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 _____

- Deductions may occur for missing logs
- 2 points for each day a log is late
- Late logs will not be accepted after 5:00 PM
- No credit issued without a parent/guardian signature
- Full credit ("A" Grade) is **10** points per week with weekdays without school (vacation days). These are EXTRA CREDIT.
- Credit limit per week is 14 points

DATE	WARM-UP	WORKOUT (GOALS)	FUN	#
FRI. 2/11				
SAT. 2/12				
SUN. 2/13				
MON. 2/14				
TUES. 2/15				
WED. 2/16				
THURS. 2/17				

**No school—extra credit day*

Parent/ Guardian signature