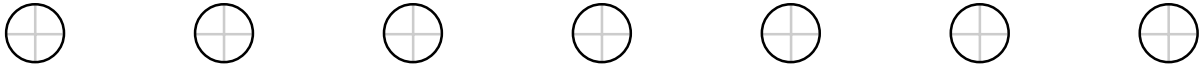
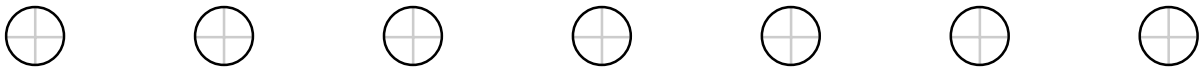


WEEKLY GOAL-TRACKING CHART

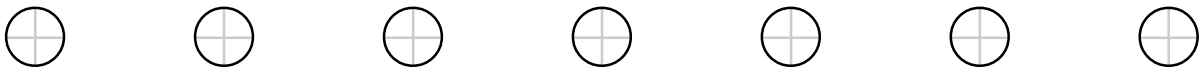
Goal _____



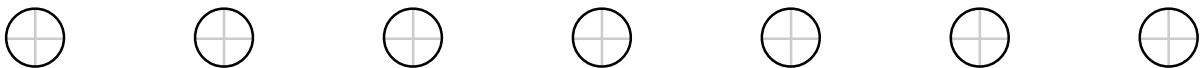
Goal _____



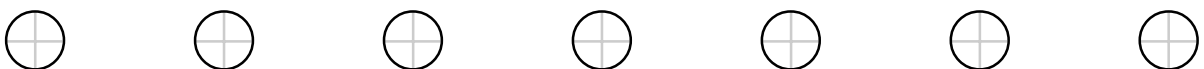
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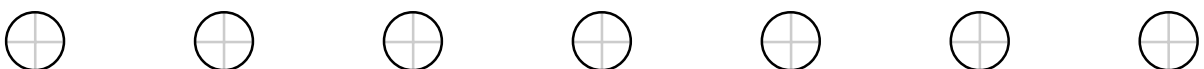
Goal _____



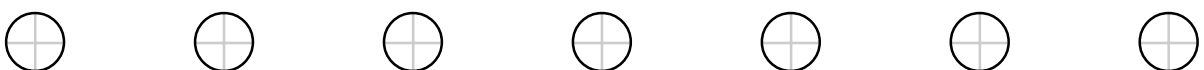
Goal _____



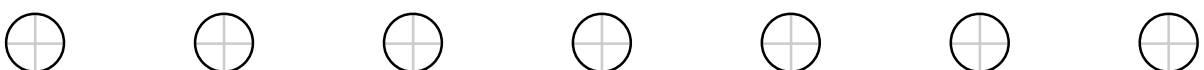
Goal _____



Goal _____



Goal _____



Never



Occasionally



Sometimes



Usually



Always

Weekly Lesson Assignment Chart

Lesson Date: _____

Task ↓	Day of Week →							
Listening:								
Tonalization:								
Technique, previews, preparation:								
Current repertoire:								
Review:								
Reading, theory, ensemble								



Questions, comments, reminders for next week's lesson:



100 Days of Practising Chart

Name: _____ START DATE: _____





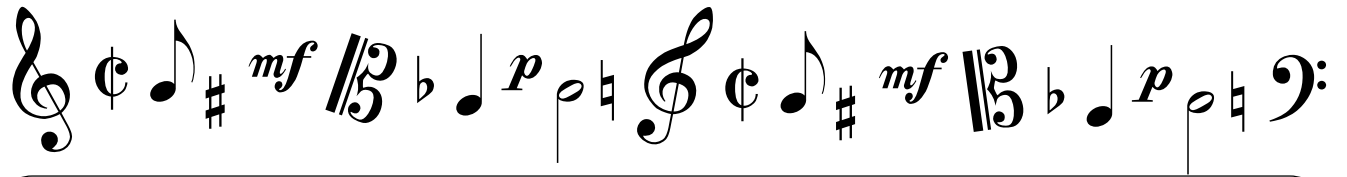
Guidelines:

The idea is to set yourself the challenge of practising a hundred days in a row. Mark off the days (with checkmarks, stickers, stamps or colours) one by one until you have practised one hundred days in a row. If you miss, you have two choices. You can start over again, or you can choose to “double up”, doing two complete practicings one day to “pay back” the chart.

This includes lesson days and group class days as well as “regular days”. You don’t have to worry about days when you are sick in bed or are travelling and don’t have access to your instrument, but all the rest should count. However, since life is not always the same day to day, there is room for some exceptions. Let’s say Uncle Fred and Aunt Sally and your eight cousins arrive for a visit and everyone plans to spend tomorrow at the ski hill. Normally you practice 45 minutes or an hour a day, but everyone is leaving right after breakfast and won’t be back until after dark. Here’s what you can do. Get up a tiny bit early and before breakfast, spend a bit of time on each part of your lesson assignment. Although you may only practice a few minutes, you can still count that day.

If you use this chart you will soon find it easier and easier to practice every day. That’s the whole idea. What do you suppose will happen to your progress? What do you think will happen to your feelings about your instrument? Do you think your “practice partnership” with your parent will change at all? Let’s find out!





64 Days of Practising Chart

Name: _____ START DATE: _____





Guidelines:

The idea is to set yourself the challenge of practising sixty-four days in a row. Mark off the days (with checkmarks, stickers, stamps or colours) one by one until you have practised 64 days in a row. If you miss, you have two choices. You can start over again, or you can choose to “double up”, doing two complete practicings one day to “pay back” the chart.

This includes lesson days and group class days as well as “regular days”. You don’t have to worry about days when you are sick in bed or are travelling and don’t have access to your instrument, but all the rest should count. However, since life is not always the same day to day, there is room for some exceptions. Let’s say Uncle Fred and Aunt Sally and your eight cousins arrive for a visit and everyone plans to spend tomorrow at the ski hill. Normally you practice 45 minutes or an hour a day, but everyone is leaving right after breakfast and won’t be back until after dark. Here’s what you can do. Get up a tiny bit early and before breakfast, spend a bit of time on each part of your lesson assignment. Although you may only practice a few minutes, you can still count that day.

If you use this chart you will soon find it easier and easier to practice every day. That’s the whole idea. What do you suppose will happen to your progress? What do you think will happen to your feelings about your instrument? Do you think your “practice partnership” with your parent will change at all? Let’s find out!





36 Days of Practising Chart

Name: _____ START DATE: _____





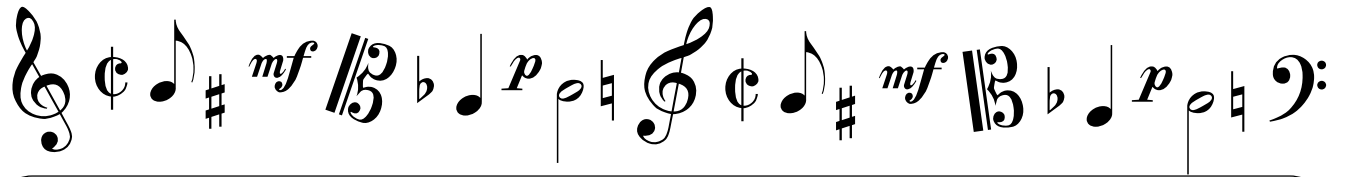
Guidelines:

The idea is to set yourself the challenge of practising thirty-six days in a row. Mark off the days (with checkmarks, stickers, stamps or colours) one by one until you have practised 36 days in a row. If you miss, you have two choices. You can start over again, or you can choose to “double up”, doing two complete practicings one day to “pay back” the chart.

This includes lesson days and group class days as well as “regular days”. You don’t have to worry about days when you are sick in bed or are travelling and don’t have access to your instrument, but all the rest should count. However, since life is not always the same day to day, there is room for some exceptions. Let’s say Uncle Fred and Aunt Sally and your eight cousins arrive for a visit and everyone plans to spend tomorrow at the ski hill. Normally you practice 45 minutes or an hour a day, but everyone is leaving right after breakfast and won’t be back until after dark. Here’s what you can do. Get up a tiny bit early and before breakfast, spend a bit of time on each part of your lesson assignment. Although you may only practice a few minutes, you can still count that day.

If you use this chart you will soon find it easier and easier to practice every day. That’s the whole idea. What do you suppose will happen to your progress? What do you think will happen to your feelings about your instrument? Do you think your “practice partnership” with your parent will change at all? Let’s find out!





16 Days of Practising Chart

Name: _____

START DATE: _____





Guidelines:

The idea is to set yourself the challenge of practising sixteen days in a row. Mark off the days (with checkmarks, stickers, stamps or colours) one by one until you have practised 16 days in a row. If you miss, you have two choices. You can start over again, or you can choose to “double up”, doing two complete practicings one day to “pay back” the chart.

This includes lesson days and group class days as well as “regular days”. You don’t have to worry about days when you are sick in bed or are travelling and don’t have access to your instrument, but all the rest should count. However, since life is not always the same day to day, there is room for some exceptions. Let’s say Uncle Fred and Aunt Sally and your eight cousins arrive for a visit and everyone plans to spend tomorrow at the ski hill. Normally you practice 45 minutes or an hour a day, but everyone is leaving right after breakfast and won’t be back until after dark. Here’s what you can do. Get up a tiny bit early and before breakfast, spend a bit of time on each part of your lesson assignment. Although you may only practice a few minutes, you can still count that day.

If you use this chart you will soon find it easier and easier to practice every day. That’s the whole idea. What do you suppose will happen to your progress? What do you think will happen to your feelings about your instrument? Do you think your “practice partnership” with your parent will change at all? Let’s find out!



Date: _____

Weekly reminders:

Listening

Tonalization

Previews

Review

Current piece

Posture

General technique

Previews, reminders, exercises:

Notes:

Comments, questions, clarifications: