**PRINT NAME** (first and last) **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ PERIOD\_\_\_\_\_\_**

**Practice Logs** are due every *Monday* with a **PARENT SIGNATURE. You are expected to practice** 60 minutes for 7th graders and 75 minutes for 8th graders each WEEK.

***Practice Logs will not be returned to students.***

|  |  |  |  |
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| Musical GOAL:  **Date:** | **Warming up** yourself and your instrument is very important to every practice session. Circle the technique(s) you used to warm-up today:  Brass- Mouthpiece Buzzing  Playing songs on Mouthpiece only  Lip slurs (high and low with same fingering)  Woodwinds- Octave slurs (high and low versions of the  same note)  Moving between tricky fingerings  Percussion- Buzz rolls  Paradille, alternating and non-dominant hand  sticking  Everyone- "For \_\_\_\_(your instrument)\_\_\_ only" songs  from the book  Long tones, Scales, Etudes  **How I worked towards my goal:**  **Something that is harder for me:** | **Total**  **Minutes** | I heard my band student practice their instrument this week.  **Parent/Guardian Signature** |

**PRINT NAME** (first and last) **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ PERIOD\_\_\_\_\_\_**

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