PRACTICE CHECKLIST

This is the year you will make practicing a daily habit.

To use the checklist, simply print out this page and place it somewhere you will see it every day (hang it on your practice room wall or tape it to your music stand). Then, each time you sit down for a practice session, reward yourself by checking off or shading in that day's box.

Only have 15 minutes one day to fit in a few exercises? That still counts! The purpose of the Practice Checklist is to establish and maintain the habit of sitting down with your instrument every day, no matter how much time you are able to devote. Happy practicing!

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