

Just for Beginners

@trombone.org

Use this sheet to help you organize your goals and practice time. Before each practice session, review the goals you wrote on this sheet, then practice to reach them. Review past practice sheets to check long-term progress. Most of all - have fun making music on the trombone.

Week of: _____

Goals for This Week

1. _____
2. _____
3. _____
4. _____
5. _____

Goals for This Month

1. _____
2. _____
3. _____
4. _____
5. _____

What was your total practice time last week?

What is your total practice time goal this week?

	Times	Practice Materials (Exercises, Solos)	Comments & Notes
M O N			
T U E			
W E D			
T H U			
F R I			
S A T			
S U N			

Remember!

- It is better to practice more often than for longer periods of time. Twenty minutes each day will give better results than two hours all in one day.
- Just playing the trombone is not practicing. Practicing requires thought and evaluation. Set a goal and work to achieve it. Only you know if you are playing your best. Are you?