

Name: _____

Section: _____

Week of: _____

Weekly Rehearsal Journal

Instructions: Students will write below a specific, achievable objective for a one-week time period. They will then fill out the forms below to record four sessions of unscheduled rehearsal, totaling at least _____ minutes of focused practice. Students are encouraged to help one another, and to try different lengths of time (5, 20, 30 min.) but not longer than 30 minutes at a time. Do not fill out the form in advance.

My objective this week is: _____

Date _____ Minutes spent: _____ I got help from / practiced with: _____ Problem / Weakness: _____ This session's goal: _____ _____ What I did: _____ _____ Results: _____ _____	Date _____ Minutes spent: _____ I got help from / practiced with: _____ Problem / Weakness: _____ This session's goal: _____ _____ What I did: _____ _____ Results: _____ _____
Date _____ Minutes spent: _____ I got help from / practiced with: _____ Problem / Weakness: _____ This session's goal: _____ _____ What I did: _____ _____ Results: _____ _____	Date _____ Minutes spent: _____ I got help from / practiced with: _____ Problem / Weakness: _____ This session's goal: _____ _____ What I did: _____ _____ Results: _____ _____

Mark one: [] *I did not achieve* [] *I achieved my weekly goal*

What was more productive for you, long sessions or short ones? _____

How did you know what to work on? _____

Was it difficult to stick to your goal? Why or why not? _____

What did you learn about yourself from this exercise? _____

What did you learn about practice from this exercise? _____