



Practice Log

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PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK ONE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
7:00AM							
8:00AM							
9:00AM							
10:00AM							
11:00AM							
NOON							
1:00PM							
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4:00PM							
5:00PM							
6:00PM							
7:00PM							
8:00PM							
9:00PM							
10:00PM							
11:00PM							
MIDNIGHT							
1:00AM							
2:00AM							

DATE:

Monday

	Topics	Notes	Next Goals
1			
2			
3			
4			

DATE:

Tuesday

	Topics	Notes	Next Goals
1			
2			
3			
4			

DATE:

	Topics	Notes	Next Goals
Wednesday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Thursday	1		
	2		
	3		
	4		

DATE:

Friday

Topics	Notes	Next Goals
1		
2		
3		
4		

DATE:

Saturday

Topics	Notes	Next Goals
1		
2		
3		
4		

DATE:

Sunday

	Topics	Notes	Next Goals
1			
2			
3			
4			



Make sure you spend the first part of your Practice Ritual warming up by playing or singing softly, slowly and gently. This will allow your body to prepare for the tasks at hand.

Fun Fact:

A single violin is made from over 70 individual pieces of wood.



“If you wish your life were different... do your life differently.”

Terence Houlihan

[illegible]

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK TWO

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
7:00AM							
8:00AM							
9:00AM							
10:00AM							
11:00AM							
NOON							
1:00PM							
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6:00PM							
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8:00PM							
9:00PM							
10:00PM							
11:00PM							
MIDNIGHT							
1:00AM							
2:00AM							

DATE:

Monday

	Topics	Notes	Next Goals
1			
2			
3			
4			

DATE:

Tuesday

	Topics	Notes	Next Goals
1			
2			
3			
4			

DATE:

	Topics	Notes	Next Goals
Wednesday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Thursday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Friday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Saturday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Sunday	1		
	2		
	3		
	4		



Remember to keep setting small and easy to reach goals to keep you motivated and improving.



Q: "What's the difference between a conductor and God?"

A: "God doesn't think he's a conductor."

**"If you really want to do something, you'll find a way.
If you don't, you'll find an excuse."**

Jim Rohn

Write down your goals for next week, as well as notes, observations, musings and dreams...

[illegible]

DATE:

Monday

	Topics	Notes	Next Goals
1			
2			
3			
4			

DATE:

Tuesday

	Topics	Notes	Next Goals
1			
2			
3			
4			

DATE:

	Topics	Notes	Next Goals
Wednesday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Thursday	1		
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DATE:

	Topics	Notes	Next Goals
Friday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Saturday	1		
	2		
	3		
	4		

DATE:

Sunday	Topics	Notes	Next Goals
	1		
	2		
	3		
	4		



They key to improvement is consistency. Do everything you can to practice and play every single day.

Word Search

- INSTRUMENTS -

BASS
CLARINET
COWBELL
DRUMS

GUITAR
PIANO
SAX
SYNTH
TROMBONE

TRUMPET
TUBA
VIOLIN
VOCALS

G	E	C	C	O	S	C	V	T	T
U	N	H	O	A	N	O	Y	E	S
I	O	B	X	W	C	A	N	C	M
T	B	L	A	A	B	I	I	L	U
A	M	V	L	S	R	E	K	P	R
R	O	S	U	A	S	R	L	S	D
T	R	K	L	W	M	M	Z	L	Z
U	T	C	T	R	U	M	P	E	T
B	N	I	L	O	I	V	S	C	H
A	S	Y	N	T	H	V	G	Q	O

**"I don't look to jump over 7-foot bars.
I look around for 1-foot bars that I can step over."**

Warren Buffet

Write down your goals for next week, as well as notes, observations, musings and dreams...

[illegible]

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK FOUR

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
7:00AM							
8:00AM							
9:00AM							
10:00AM							
11:00AM							
NOON							
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6:00PM							
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8:00PM							
9:00PM							
10:00PM							
11:00PM							
MIDNIGHT							
1:00AM							
2:00AM							

DATE:

Monday

	Topics	Notes	Next Goals
1			
2			
3			
4			

DATE:

Tuesday

	Topics	Notes	Next Goals
1			
2			
3			
4			

DATE:

	Topics	Notes	Next Goals
Wednesday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Thursday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Friday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Saturday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Sunday	1		
	2		
	3		
	4		



Remember to keep setting small and easy to reach goals to keep you motivated and improving.



Q: "What's an accordion good for?"

A: "Learning how to fold maps."

"Fear regret more than failure."

Taryn Rose

Write down your goals for next week, as well as notes, observations, musings and dreams...

[illegible]

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK FIVE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
7:00AM							
8:00AM							
9:00AM							
10:00AM							
11:00AM							
NOON							
1:00PM							
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5:00PM							
6:00PM							
7:00PM							
8:00PM							
9:00PM							
10:00PM							
11:00PM							
MIDNIGHT							
1:00AM							
2:00AM							

DATE:

Monday

Topics	Notes	Next Goals
1		
2		
3		
4		

DATE:

Tuesday

Topics	Notes	Next Goals
1		
2		
3		
4		

DATE:

	Topics	Notes	Next Goals
Wednesday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Thursday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Friday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Saturday	1		
	2		
	3		
	4		

DATE:

Sunday

	Topics	Notes	Next Goals
1			
2			
3			
4			



Don't forget to follow your practice routine. Don't forget you can change it up as well!

Fun Fact:

Hungarian composer Franz Liszt received so many requests for locks of his hair that he bought a dog and sent fur clippings instead.

“Push yourself, because no one else is going to do it for you.”

Unknown

Write down your goals for next week, as well as notes, observations, musings and dreams...

[illegible]

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK SIX

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
7:00AM							
8:00AM							
9:00AM							
10:00AM							
11:00AM							
NOON							
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8:00PM							
9:00PM							
10:00PM							
11:00PM							
MIDNIGHT							
1:00AM							
2:00AM							

DATE:

Monday

	Topics	Notes	Next Goals
1			
2			
3			
4			

DATE:

Tuesday

	Topics	Notes	Next Goals
1			
2			
3			
4			

DATE:

	Topics	Notes	Next Goals
Wednesday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Thursday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Friday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Saturday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Sunday	1		
	2		
	3		
	4		



Never start practicing without knowing what you want to accomplish. Review what you did yesterday and build on those skills.



Q: "Why do bagpipers walk when they play?"

A: "To get away from the noise."

"If it doesn't challenge you, it won't change you."
Fred Devito

Write down your goals for next week, as well as notes, observations, musings and dreams...

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK SEVEN

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
7:00AM							
8:00AM							
9:00AM							
10:00AM							
11:00AM							
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10:00PM							
11:00PM							
MIDNIGHT							
1:00AM							
2:00AM							

DATE:

Monday

	Topics	Notes	Next Goals
1			
2			
3			
4			

DATE:

Tuesday

	Topics	Notes	Next Goals
1			
2			
3			
4			

DATE:

	Topics	Notes	Next Goals
Wednesday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Thursday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Friday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Saturday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Sunday	1		
	2		
	3		
	4		



They key to improvement is consistency. Do everything you can to practice and play every single day.

Word Search

- ARTICULATIONS -

ACCENT	DYNAMICS	TIMBRE
ATTACK	HAMMERON	TONGUING
DOIT	SLIDES	VIBRATO
DURATION	TEMPO	VOLUME

D	S	A	T	X	E	M	H	D	T
R	Y	I	T	R	L	A	L	U	O
O	O	N	B	T	M	B	V	R	T
D	P	M	A	M	A	O	D	A	A
D	I	M	E	M	L	C	T	T	R
T	L	R	E	U	I	M	K	I	B
U	O	X	M	T	Z	C	C	O	I
N	S	E	D	I	L	S	S	N	V
G	N	I	U	G	N	O	T	T	U
A	C	C	E	N	T	Y	M	T	N

“You just need the 3 “Ps” to be a great musician: Practice, Persistence, and Patience.”

Christopher Maloney

Write down your goals for next week, as well as notes, observations, musings and dreams...

[illegible]

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK EIGHT

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
7:00AM							
8:00AM							
9:00AM							
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6:00PM							
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8:00PM							
9:00PM							
10:00PM							
11:00PM							
MIDNIGHT							
1:00AM							
2:00AM							

DATE:

Monday

	Topics	Notes	Next Goals
1			
2			
3			
4			

DATE:

Tuesday

	Topics	Notes	Next Goals
1			
2			
3			
4			

DATE:

	Topics	Notes	Next Goals
Wednesday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Thursday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Friday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Saturday	1		
	2		
	3		
	4		

DATE:

Sunday

	Topics	Notes	Next Goals
1			
2			
3			
4			



Students that perform in a public setting generally practice more often, learn faster and stay with their lessons longer than those who don't. Just do it!

**MEAN
MUSICIAN
JOKES**


“A gentleman is someone who knows how to play the banjo – and doesn’t.”
Mark Twain

“Procrastination is one of the most common and deadliest of diseases. Its toll on success and happiness is heavy.”
Wayne Gretzky

Write down your goals for next week, as well as notes, observations, musings and dreams...

[illegible]

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK NINE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
7:00AM							
8:00AM							
9:00AM							
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11:00AM							
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8:00PM							
9:00PM							
10:00PM							
11:00PM							
MIDNIGHT							
1:00AM							
2:00AM							

DATE:

Monday

	Topics	Notes	Next Goals
1			
2			
3			
4			

DATE:

Tuesday

	Topics	Notes	Next Goals
1			
2			
3			
4			

DATE:

	Topics	Notes	Next Goals
Wednesday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Thursday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Friday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Saturday	1		
	2		
	3		
	4		

DATE:

Sunday	Topics	Notes	Next Goals
	1		
	2		
	3		
	4		



Share your progress and your new skills by playing what you are working on in front of your parents, friends, significant other, etc. Be proud of your improvement, no matter how small!

Fun Fact:

カウオケ

The Japanese word 'karaoke' comes from a phrase meaning 'empty orchestra'.

“The quality of a person’s life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor.”

Vince Lombardi

Write down your goals for next week, as well as notes, observations, musings and dreams...

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 10

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
7:00AM							
8:00AM							
9:00AM							
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10:00PM							
11:00PM							
MIDNIGHT							
1:00AM							
2:00AM							

DATE:

Monday

Topics	Notes	Next Goals
1		
2		
3		
4		

DATE:

Tuesday

Topics	Notes	Next Goals
1		
2		
3		
4		

DATE:

	Topics	Notes	Next Goals
Wednesday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Thursday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Friday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Saturday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Sunday	1		
	2		
	3		
	4		



Even the greatest musicians of all time have shared your struggle during their development. Don't be too hard on yourself!



Q: "What's the difference between a jet airplane and a trumpet? "

A: "About three decibels."

"It's only after you've stepped outside your comfort zone that you begin to change, grow, and transform."

Roy T. Bennett

Write down your goals for next week, as well as notes, observations, musings and dreams...

[illegible]

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 11

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
7:00AM							
8:00AM							
9:00AM							
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11:00AM							
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11:00PM							
MIDNIGHT							
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DATE:

Monday

	Topics	Notes	Next Goals
1			
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DATE:

Tuesday

	Topics	Notes	Next Goals
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DATE:

	Topics	Notes	Next Goals
Wednesday	1		
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	3		
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DATE:

	Topics	Notes	Next Goals
Thursday	1		
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DATE:

	Topics	Notes	Next Goals
Friday	1		
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	3		
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DATE:

	Topics	Notes	Next Goals
Saturday	1		
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	3		
	4		

DATE:

Sunday

	Topics	Notes	Next Goals
1			
2			
3			
4			



Try to get the best quality instrument you can afford, or professional fix up the one you've got. It'll be easier to play...and more enjoyable too!

Word Search

- CLASSIC ROCK BANDS -

ACDC	EAGLES	QUEEN
AEROSMITH	KINKS	RUSH
BEATLES	KISS	STONES
DOORS	PINKFLOYD	THEWHO

D	O	O	R	S	C	P	Q	Z	U
O	Y	U	U	N	D	G	D	N	I
S	H	O	E	I	C	X	B	J	J
S	S	E	L	G	A	E	J	I	T
W	U	I	K	F	A	D	S	R	H
Q	R	B	K	T	K	E	K	J	E
X	U	X	L	P	N	N	N	E	W
H	A	E	R	O	S	M	I	T	H
O	S	J	T	R	L	H	K	P	O
V	R	S	V	M	P	Q	E	Y	A

"All great achievements require time."
Maya Angelou

Write down your goals for next week, as well as notes, observations, musings and dreams...

[illegible]

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 12

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
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10:00PM							
11:00PM							
MIDNIGHT							
1:00AM							
2:00AM							

DATE:

Monday

	Topics	Notes	Next Goals
1			
2			
3			
4			

DATE:

Tuesday

	Topics	Notes	Next Goals
1			
2			
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4			

DATE:

	Topics	Notes	Next Goals
Wednesday	1		
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	3		
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DATE:

	Topics	Notes	Next Goals
Thursday	1		
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DATE:

	Topics	Notes	Next Goals
Friday	1		
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	3		
	4		

DATE:

	Topics	Notes	Next Goals
Saturday	1		
	2		
	3		
	4		

DATE:

Sunday

	Topics	Notes	Next Goals
1			
2			
3			
4			



Practicing/Playing music you enjoy that's within your skill level makes the learning process more fun and rewarding.

MEAN
MUSICIAN
JOKES

Q: "What's the difference between an oboe and an onion?"

A: "No one cries when you chop up an oboe."

"The harder you work for something, the great you'll feel when you achieve it."

Unknown

Write down your goals for next week, as well as notes, observations, musings and dreams...

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PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 13

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
7:00AM							
8:00AM							
9:00AM							
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11:00AM							
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10:00PM							
11:00PM							
MIDNIGHT							
1:00AM							
2:00AM							

DATE:

Monday

	Topics	Notes	Next Goals
1			
2			
3			
4			

DATE:

Tuesday

	Topics	Notes	Next Goals
1			
2			
3			
4			

DATE:

	Topics	Notes	Next Goals
Wednesday	1		
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	3		
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DATE:

	Topics	Notes	Next Goals
Thursday	1		
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DATE:

	Topics	Notes	Next Goals
Friday	1		
	2		
	3		
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DATE:

	Topics	Notes	Next Goals
Saturday	1		
	2		
	3		
	4		

DATE:

Sunday

	Topics	Notes	Next Goals
1			
2			
3			
4			



90% of the time you have trouble playing something, it's because you are playing TOO FAST. Slow it down... get it right. Have patience!

**Check In:**

Do you have your instrument out at all times? Never leave it in its case at home!

“Focus on making yourself better, not on thinking that you are better.”

Bohdi Sanders

Write down your goals for next week, as well as notes, observations, musings and dreams...

[illegible]

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 14

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
7:00AM							
8:00AM							
9:00AM							
10:00AM							
11:00AM							
NOON							
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8:00PM							
9:00PM							
10:00PM							
11:00PM							
MIDNIGHT							
1:00AM							
2:00AM							

DATE:

Monday

	Topics	Notes	Next Goals
1			
2			
3			
4			

DATE:

Tuesday

	Topics	Notes	Next Goals
1			
2			
3			
4			

DATE:

	Topics	Notes	Next Goals
Wednesday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Thursday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Friday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Saturday	1		
	2		
	3		
	4		

DATE:

Sunday

	Topics	Notes	Next Goals
1			
2			
3			
4			



Leave your instrument out where it can be seen and played easily. Don't neglect that poor thing!

**MEAN
MUSICIAN
JOKES**

Q: "What does a harmonica and a lawsuit have in common?"

A: "Everyone is relieved when the case is closed."

"The only truth is music."
Jack Kerouac

Write down your goals for next week, as well as notes, observations, musings and dreams...

[illegible]

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 15

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
7:00AM							
8:00AM							
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11:00AM							
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11:00PM							
MIDNIGHT							
1:00AM							
2:00AM							

DATE:

Monday

	Topics	Notes	Next Goals
1			
2			
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4			

DATE:

Tuesday

	Topics	Notes	Next Goals
1			
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3			
4			

DATE:

	Topics	Notes	Next Goals
Wednesday	1		
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DATE:

	Topics	Notes	Next Goals
Thursday	1		
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DATE:

	Topics	Notes	Next Goals
Friday	1		
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DATE:

	Topics	Notes	Next Goals
Saturday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Sunday	1		
	2		
	3		
	4		



Break songs and exercises down into small, easy to accomplish sections. Try not to get overwhelmed.

Word Search

- CLASSIC SONGS -

BORNTORUN
HALLELUJAH
HELP
HOUNDDOG

IMAGINE
LAYLA
ONE

RESPECT
THRILLER
YESTERDAY
YOURSONG

H	A	I	H	Y	C	A	E	G	T
G	A	C	K	E	H	M	N	O	H
X	N	L	R	S	L	T	I	D	R
O	R	O	L	T	C	P	G	D	I
Q	X	S	S	E	B	I	A	N	L
O	L	R	P	R	L	M	M	U	L
N	D	S	W	D	U	U	I	O	E
E	E	W	S	A	I	O	J	H	R
R	W	L	A	Y	L	A	Y	A	G
N	U	R	O	T	N	R	O	B	H

“Desire is the key to motivation, but it’s determination and commitment to an unrelenting pursuit of your goal - a commitment to excellence - that will enable you to attain the success you seek.”

Mario Andretti

Write down your goals for next week, as well as notes, observations, musings and dreams...

[illegible]

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 16

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
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11:00PM							
MIDNIGHT							
1:00AM							
2:00AM							

DATE:

Monday

	Topics	Notes	Next Goals
1			
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DATE:

Tuesday

	Topics	Notes	Next Goals
1			
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DATE:

	Topics	Notes	Next Goals
Wednesday	1		
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DATE:

	Topics	Notes	Next Goals
Thursday	1		
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DATE:

	Topics	Notes	Next Goals
Friday	1		
	2		
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DATE:

	Topics	Notes	Next Goals
Saturday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Sunday	1		
	2		
	3		
	4		



Make sure your practice space is free from distractions. It's hard enough to concentrate as it is!!

**MEAN
MUSICIAN
JOKES**



**“Brass bands are all very well in their place
– outdoors and several miles away.”**
English conductor Sir Thomas Beecham

“You make mistakes, mistakes don't make you”
Maxwell Maltz

Write down your goals for next week, as well as notes, observations, musings and dreams...

[illegible]

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 17

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
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11:00PM							
MIDNIGHT							
1:00AM							
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DATE:

Monday

	Topics	Notes	Next Goals
1			
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4			

DATE:

Tuesday

	Topics	Notes	Next Goals
1			
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DATE:

	Topics	Notes	Next Goals
Wednesday	1		
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DATE:

	Topics	Notes	Next Goals
Thursday	1		
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DATE:

	Topics	Notes	Next Goals
Friday	1		
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DATE:

	Topics	Notes	Next Goals
Saturday	1		
	2		
	3		
	4		

DATE:

Sunday

	Topics	Notes	Next Goals
1			
2			
3			
4			



Some soreness and fatigue are normal with any physical activity. However, if you feel any sharp pain or severe tension, STOP PRACTICING! Seek advice from your instructor or a physician.

Fun Fact:

When Jimmy Page told Who drummer Keith Moon he was changing the name of the Yardbirds to The New Yardbirds, Moon responded "That'll go over like a Led Zeppelin". A new band name was born



"Habits stay with you even when you don't have the motivation."

Neeraj Agnihotri

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 18

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
7:00AM							
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11:00PM							
MIDNIGHT							
1:00AM							
2:00AM							

DATE:

Monday

Topics	Notes	Next Goals
1		
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3		
4		

DATE:

Tuesday

Topics	Notes	Next Goals
1		
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DATE:

	Topics	Notes	Next Goals
Wednesday	1		
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DATE:

	Topics	Notes	Next Goals
Thursday	1		
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DATE:

	Topics	Notes	Next Goals
Friday	1		
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DATE:

	Topics	Notes	Next Goals
Saturday	1		
	2		
	3		
	4		

DATE:

Sunday

	Topics	Notes	Next Goals
1			
2			
3			
4			



Once you are done with your actual practice work, feel free to do whatever you want. You've earned it!

MEAN
MUSICIAN
JOKES 

Q: "What's the definition of an optimist?"

A: "A harp player taking out a mortgage."

"Wake up with determination. Go to bed with satisfaction."

Unknown

Write down your goals for next week, as well as notes, observations, musings and dreams...

[illegible]

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 19

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
7:00AM							
8:00AM							
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11:00AM							
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11:00PM							
MIDNIGHT							
1:00AM							
2:00AM							

DATE:

Monday

	Topics	Notes	Next Goals
1			
2			
3			
4			

DATE:

Tuesday

	Topics	Notes	Next Goals
1			
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3			
4			

DATE:

	Topics	Notes	Next Goals
Wednesday	1		
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DATE:

	Topics	Notes	Next Goals
Thursday	1		
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DATE:

	Topics	Notes	Next Goals
Friday	1		
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DATE:

	Topics	Notes	Next Goals
Saturday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Sunday	1		
	2		
	3		
	4		



Try playing with people, especially if they have more experience than you.

Word Search

- COMPOSERS -

BACK	CHOPIN	LISZT
BARTOK	COPLAND	MOZART
BEETHOVEN	DEBUSSY	STRAVINSKY
BRAHMS	HAYDN	WAGNER

L	I	S	Z	T	W	H	M	B	S
Y	S	S	U	B	E	D	E	S	T
N	D	Y	F	N	T	E	W	M	R
D	F	N	W	R	T	B	A	H	A
Y	P	E	A	H	J	A	G	A	V
A	J	Z	O	L	K	C	N	R	I
H	O	V	F	A	P	H	E	B	N
M	E	D	W	H	L	O	R	H	S
N	C	H	O	P	I	N	C	O	K
K	O	T	R	A	B	F	E	V	Y

"The universe doesn't give you what you want in your mind; it gives you what you demand with your actions."

Steve Maraboli

Write down your goals for next week, as well as notes, observations, musings and dreams...

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

PRACTICE WARRIORS Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 20

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
7:00AM							
8:00AM							
9:00AM							
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9:00PM							
10:00PM							
11:00PM							
MIDNIGHT							
1:00AM							
2:00AM							

DATE:

Monday

	Topics	Notes	Next Goals
1			
2			
3			
4			

DATE:

Tuesday

	Topics	Notes	Next Goals
1			
2			
3			
4			

DATE:

	Topics	Notes	Next Goals
Wednesday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Thursday	1		
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DATE:

	Topics	Notes	Next Goals
Friday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Saturday	1		
	2		
	3		
	4		

DATE:

Sunday

	Topics	Notes	Next Goals
1			
2			
3			
4			



Learning music feels more meaningful if you know you are learning the kind of music you like.

**MEAN
MUSICIAN
JOKES**


Q: "how many drummers does it take to change a light bulb? "

A: "Zero. They have machines do that now."

"Your breakthrough begins where your excuses ends."

Patience Johnson

[illegible]

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 21

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
7:00AM							
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10:00PM							
11:00PM							
MIDNIGHT							
1:00AM							
2:00AM							

DATE:

Monday

	Topics	Notes	Next Goals
1			
2			
3			
4			

DATE:

Tuesday

	Topics	Notes	Next Goals
1			
2			
3			
4			

DATE:

	Topics	Notes	Next Goals
Wednesday	1		
	2		
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	4		

DATE:

	Topics	Notes	Next Goals
Thursday	1		
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DATE:

	Topics	Notes	Next Goals
Friday	1		
	2		
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	4		

DATE:

	Topics	Notes	Next Goals
Saturday	1		
	2		
	3		
	4		

DATE:

Sunday

	Topics	Notes	Next Goals
1			
2			
3			
4			



Think of some songs you'd like to learn as another kind of musical goal.

Fun Fact:

The most expensive instrument in the world is the "Lady Blunt" Stradivarius violin, which sold in 2011 for US\$15.9 million.



"Discipline is giving yourself a command and following it up with action"

Bob Proctor

Write down your goals for next week, as well as notes, observations, musings and dreams...

[illegible]

PRACTICE WARRIORS Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 22

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
7:00AM							
8:00AM							
9:00AM							
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9:00PM							
10:00PM							
11:00PM							
MIDNIGHT							
1:00AM							
2:00AM							

DATE:

Monday

	Topics	Notes	Next Goals
1			
2			
3			
4			

DATE:

Tuesday

	Topics	Notes	Next Goals
1			
2			
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DATE:

	Topics	Notes	Next Goals
Wednesday	1		
	2		
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	4		

DATE:

	Topics	Notes	Next Goals
Thursday	1		
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	4		

DATE:

	Topics	Notes	Next Goals
Friday	1		
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	3		
	4		

DATE:

	Topics	Notes	Next Goals
Saturday	1		
	2		
	3		
	4		

DATE:

Sunday

	Topics	Notes	Next Goals
1			
2			
3			
4			



Make sure you practice every single day for the first 30 days. You need to create a long-lasting, mind-body connection to turn a desire into a habit.

MEAN
MUSICIAN
JOKES



Q: "What's the difference between an oboe and a bassoon?"

A: "You can hit a baseball further with a bassoon."

**"Concentrate all your thoughts upon the work in hand.
The Sun's rays do not burn until brought to a focus."**

Alexander Graham Bell

Write down your goals for next week, as well as notes, observations, musings and dreams...

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 23

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
7:00AM							
8:00AM							
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MIDNIGHT							
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DATE:

Monday

	Topics	Notes	Next Goals
1			
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DATE:

Tuesday

	Topics	Notes	Next Goals
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DATE:

	Topics	Notes	Next Goals
Wednesday	1		
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DATE:

	Topics	Notes	Next Goals
Thursday	1		
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DATE:

	Topics	Notes	Next Goals
Friday	1		
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DATE:

	Topics	Notes	Next Goals
Saturday	1		
	2		
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DATE:

	Topics	Notes	Next Goals
Sunday	1		
	2		
	3		
	4		



Having good posture helps you play more effectively and can keep you from physically injuring yourself.

Word Search

- FEMALE BAND SINGERS -

CARPENTERS HEART RONETTES
 GARBAGE PARAMORE RUNAWAYS
 GOGOS PRETENDERS SPICEGIRLS

D	E	V	S	R	S	O	G	O	G
A	G	W	R	O	B	I	F	P	C
V	A	Y	E	N	E	F	Q	A	B
P	R	E	T	E	N	D	E	R	S
I	B	L	N	T	H	K	K	A	T
D	A	V	E	T	B	B	T	M	R
J	G	Q	P	E	C	P	G	O	A
B	E	O	R	S	B	O	J	R	E
R	U	N	A	W	A	Y	S	E	H
S	P	I	C	E	G	I	R	L	S

“One good thing about music, when it hits you, you feel no pain.”

Bob Marley

Write down your goals for next week, as well as notes, observations, musings and dreams...

[illegible]

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 24

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
7:00AM							
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11:00AM							
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11:00PM							
MIDNIGHT							
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2:00AM							

DATE:

Monday

Topics	Notes	Next Goals
1		
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4		

DATE:

Tuesday

Topics	Notes	Next Goals
1		
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DATE:

	Topics	Notes	Next Goals
Wednesday	1		
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DATE:

	Topics	Notes	Next Goals
Thursday	1		
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DATE:

	Topics	Notes	Next Goals
Friday	1		
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DATE:

	Topics	Notes	Next Goals
Saturday	1		
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	3		
	4		

DATE:

Sunday

	Topics	Notes	Next Goals
1			
2			
3			
4			



Once you have worked out how to perform a particular piece of music or a section of a song, try to play through it a few times without stopping. Make sure you go slowly.

**MEAN
MUSICIAN
JOKES**


Q: "How does one trumpet player greet another? "

A: "Hi. I'm better than you."

"If you change the way you look at things, the things you look at change."

Wayne Dyer

Write down your goals for next week, as well as notes, observations, musings and dreams...

This image shows a single sheet of white paper with horizontal black lines, resembling notebook paper. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 25

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
7:00AM							
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11:00PM							
MIDNIGHT							
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DATE:

	Topics	Notes	Next Goals
Monday	1		
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	3		
	4		

DATE:

	Topics	Notes	Next Goals
Tuesday	1		
	2		
	3		
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DATE:

	Topics	Notes	Next Goals
Wednesday	1		
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DATE:

	Topics	Notes	Next Goals
Thursday	1		
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DATE:

	Topics	Notes	Next Goals
Friday	1		
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	3		
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DATE:

	Topics	Notes	Next Goals
Saturday	1		
	2		
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	4		

DATE:

Sunday

	Topics	Notes	Next Goals
1			
2			
3			
4			



If you play something incorrectly more than twice, you need to stop and work out your mistake. Don't practice your mistakes!

Fun Fact:

Leo Fender, the founder of the iconic electric guitar and bass brand and Rock and Roll Hall of Fame inductee, never learned to play either instrument.

"Sometimes later becomes never. Do it now."
Unknown

Write down your goals for next week, as well as notes, observations, musings and dreams...

[illegible]

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 26

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
7:00AM							
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10:00PM							
11:00PM							
MIDNIGHT							
1:00AM							
2:00AM							

DATE:

	Topics	Notes	Next Goals
Monday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Tuesday	1		
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DATE:

	Topics	Notes	Next Goals
Wednesday	1		
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	Topics	Notes	Next Goals
Thursday	1		
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	Topics	Notes	Next Goals
Friday	1		
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DATE:

	Topics	Notes	Next Goals
Saturday	1		
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DATE:

	Topics	Notes	Next Goals
Sunday	1		
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Don't be afraid to change your Big Topics to keep things interesting and to add variation to your practice ritual.

**Check In:**

Remember to write down all your practice notes at the end of each practice ritual. You want to pick up right where you left of tomorrow and not waste time!

“Music is one of the only enrichment activities you can engage in and improve on literally until the day you die.”

Christopher Maloney

Write down your goals for next week, as well as notes, observations, musings and dreams...

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 27

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
7:00AM							
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DATE:

Monday

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Tuesday

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	Topics	Notes	Next Goals
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	Topics	Notes	Next Goals
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	Topics	Notes	Next Goals
Friday	1		
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DATE:

	Topics	Notes	Next Goals
Saturday	1		
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DATE:

Sunday

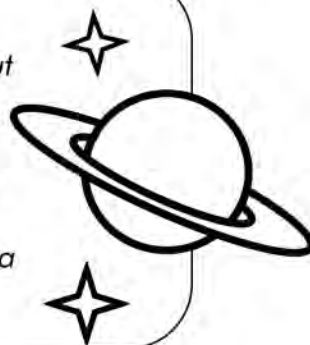
	Topics	Notes	Next Goals
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Recording yourself when you practice and listening back gives you a great objective perspective. There will be things you hear on the recording that you didn't notice when you were playing.

Fun Fact:

In 2015, Canadian astronaut Chris Hadfield released the first ever album recorded entirely in space, named *Space Sessions: Songs from a Tin Can*.



“Teachers can open the door, but you must enter it yourself.”
Chinese Proverb

Write down your goals for next week, as well as notes, observations, musings and dreams...

[illegible]

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 28

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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DATE:

	Topics	Notes	Next Goals
Sunday	1		
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Many students get down on themselves about their playing and their progress. Try not to get to negative about practicing, as you've probably come a long way from when you first started.

**MEAN
MUSICIAN
JOKES**



“Never look at the trombones; you’ll only encourage them.”
Richard Strauss

“When you play, never mind who listens to you.”
Robert Schumann

Write down your goals for next week, as well as notes, observations, musings and dreams...

[illegible]

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 29

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Sunday

	Topics	Notes	Next Goals
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Many students get down on themselves about their playing and their progress. Try not to get too negative about practicing, as you've probably come a long way from when you first started.

Word Search

- FEMALE POP SINGERS -

ADELE	EILISH	RIHANNA
AGUILERA	GRANDE	SHAKIRA
BEYONCE	LADYGAGA	SWIFT
DION	MADONNA	WHITNEY
	MARIAH	

E	A	M	H	R	W	S	N	E	R
D	D	G	I	S	H	J	S	C	I
N	E	E	A	A	I	W	O	N	H
A	L	K	K	G	I	L	Y	O	A
R	E	I	N	F	Y	N	I	Y	N
G	R	V	T	E	R	D	X	E	N
A	R	E	L	I	U	G	A	B	A
M	A	D	O	N	N	A	P	L	K
Y	E	N	T	I	H	W	P	M	Y
N	O	I	D	M	A	R	I	A	H

"The beautiful thing about learning is that no one can take it away from you."

B.B. King

Write down your goals for next week, as well as notes, observations, musings and dreams...

[illegible]

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 30

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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DATE:

Sunday

	Topics	Notes	Next Goals
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Can you take your instrument to school or work? Practicing, jamming and playing during your breaks could be quite a stress reliever from your usual tasks.

MEAN MUSICIAN JOKES



Q: "How many bass players does it take to change a light bulb?"

A: "Zero. The keyboard player does it with his left hand."

"Success is not final; failure is not fatal: It is the courage to continue that counts."

Winston S. Churchill

Write down your goals for next week, as well as notes, observations, musings and dreams...

[illegible]

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 31

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	Topics	Notes	Next Goals
Sunday	1		
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Be creative with your practicing. Take a scale you are working on and make little melodies with it. This is how all compositions get their start.

Fun Fact:

The first (and only) band to play on all seven continents is Metallica.



“A person who never made a mistake never tried anything new.”

Albert Einstein

Write down your goals for next week, as well as notes, observations, musings and dreams...

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 32

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
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Sunday

	Topics	Notes	Next Goals
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If you try to start learning songs by ear, you will eventually be able to teach yourself how to play any song you wish.

**MEAN
MUSICIAN
JOKES**


Q: "What's the difference between a guitar player and a large pizza?"

A: "A large pizza can feed a family of four."

"Never let the fear of striking out stop you from playing the game."

Babe Ruth

Write down your goals for next week, as well as notes, observations, musings and dreams...

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PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 33

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Sunday

	Topics	Notes	Next Goals
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Get inspired by watching other musicians do what you aspire to do. This can really help motivate you and give you a glimpse as to what you can eventually achieve.

Word Search

- JAZZ ARTISTS -

BASIE
BIRD
COLTRANE
DIZZY

ELLINGTON
FITZGERALD
GETZ
HOLIDAY
MILES

MINGUS
MONK
SATCHMO
SINATRA

F	O	Y	D	M	F	O	D	T	E
I	M	W	A	X	I	I	F	L	M
T	H	D	C	D	Z	N	L	D	I
Z	C	K	R	Z	I	I	G	Z	L
G	T	N	Y	I	N	L	T	U	E
E	A	O	N	G	B	E	O	O	S
R	S	M	T	Q	G	A	L	H	E
A	Z	O	S	I	N	A	T	R	A
L	N	E	N	A	R	T	L	O	C
D	W	E	I	S	A	B	P	S	H

“Do something today that your future self will thank you for.”

Unknown

Write down your goals for next week, as well as notes, observations, musings and dreams...

[illegible]

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 34

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
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Saturday	1		
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DATE:

Sunday

	Topics	Notes	Next Goals
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If there is a certain band, singer or composer that you really like, try to actively listen to their music and learn to play some of their songs or pieces. This can also help you on the road to start writing and composing songs in that style as well.

**MEAN
MUSICIAN
JOKES**


Q: "What will you never say about a tuba player? "

A: "That's the tuba player's Porsche."

"You don't have to be great to start, but you have to start to be great."

Zig Ziglar

Write down your goals for next week, as well as notes, observations, musings and dreams...

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PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 35

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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DATE:

Sunday

	Topics	Notes	Next Goals
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Try to have a good balance of working on important musical skills and learning the songs you love.

Fun Fact:

Composer Robert Schumann would often plunge his hands into the entrails of a slaughtered animal to heal his ailments.

“The expert in anything was once a beginner.”
Helene Hayes

Write down your goals for next week, as well as notes, observations, musings and dreams...

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PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 36

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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Sunday

	Topics	Notes	Next Goals
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Enjoy the process of learning. Keep notice of new accomplishments and keep sight of new goals. Also, appreciate how much you've learned to this point.



**A young child says to his mother, "Mom, when I grow up I'd like to be a musician."
She replies, "Well honey, you know you can't do both."**

"Music is by far the most wonderful method we have to remind us each day of the power of personal accomplishment."

Chris S. Salazar

Write down your goals for next week, as well as notes, observations, musings and dreams...

[illegible]

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 37

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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DATE:

Sunday

	Topics	Notes	Next Goals
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Try to remember to keep your breathing constant, release the tension in your body (especially in your shoulders) and simply relax during your practice ritual.

Word Search

- MALE POP SINGER -

BIEBER	MARS	SHEERAN
BUBLE	MCCARTNEY	TIMBERLAKE
DRAKE	ORBISON	USHER
JACKSON	PRESLEY	WONDER
	PRINCE	

T	D	E	C	N	I	R	P	O	D
M	M	A	R	S	A	B	J	U	N
T	I	M	B	E	R	L	A	K	E
B	I	E	B	E	R	N	E	J	N
E	I	C	D	E	A	K	I	N	O
Y	E	N	T	R	A	C	C	M	S
V	O	K	E	R	E	H	S	U	K
W	U	E	D	B	U	B	L	E	C
B	H	N	O	S	I	B	R	O	A
S	P	R	E	S	L	E	Y	X	J

"The way to get started is to quit talking and begin doing."**Walt Disney**

Write down your goals for next week, as well as notes, observations, musings and dreams...

[illegible]

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 38

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DATE:

	Topics	Notes	Next Goals
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	4		

DATE:

	Topics	Notes	Next Goals
Thursday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Friday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Saturday	1		
	2		
	3		
	4		

DATE:

Sunday

	Topics	Notes	Next Goals
1			
2			
3			
4			



Try to play/sing along with recorded music. You will be able to improve on developing your ear, tightening up your rhythm playing, learn new ideas, work on improvisation, get introduced to new styles and understand songs and arrangements.

**MEAN
MUSICIAN
JOKES**


Q: "What's the difference between a saxophone and a chainsaw?"

A: "You can tune a chainsaw."

"There are no shortcuts to any place worth going."
Beverly Sills

Write down your goals for next week, as well as notes, observations, musings and dreams...

This image shows a single sheet of white paper with horizontal black ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 39

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
7:00AM							
8:00AM							
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11:00PM							
MIDNIGHT							
1:00AM							
2:00AM							

DATE:

	Topics	Notes	Next Goals
Monday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Tuesday	1		
	2		
	3		
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DATE:

	Topics	Notes	Next Goals
Wednesday	1		
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DATE:

	Topics	Notes	Next Goals
Thursday	1		
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DATE:

	Topics	Notes	Next Goals
Friday	1		
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DATE:

	Topics	Notes	Next Goals
Saturday	1		
	2		
	3		
	4		

DATE:

Sunday

	Topics	Notes	Next Goals
1			
2			
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Make sure all your necessary items are in close proximity to your practice space. Don't waste valuable time looking for things you need to practice.

**Check In:**

Is your practice space comfortable and free of clutter? Has it gotten a bit messy over time? A clean practice space will invite you want to come back again and again...and get things done!

"I find that the harder I work, the more luck I seem to have."

Thomas Jefferson

Write down your goals for next week, as well as notes, observations, musings and dreams...

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PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 40

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
7:00AM							
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MIDNIGHT							
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DATE:

Monday

	Topics	Notes	Next Goals
1			
2			
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DATE:

Tuesday

	Topics	Notes	Next Goals
1			
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DATE:

	Topics	Notes	Next Goals
Wednesday	1		
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DATE:

	Topics	Notes	Next Goals
Thursday	1		
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DATE:

	Topics	Notes	Next Goals
Friday	1		
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DATE:

	Topics	Notes	Next Goals
Saturday	1		
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DATE:

Sunday	Topics	Notes	Next Goals



Setting unreasonable goals for the short term can be very unrealistic. Long-term goals should be set by the year, mid-term goals can be gauged in months and short-term goals could be accomplished in terms of weeks.

Fun Fact:

In "Bohemian Rhapsody", Freddie Mercury plays on the very same piano used by Paul McCartney in "Hey Jude".

"Sometimes we're tested not to show our weaknesses, but to discover our strengths."
Unknown

Write down your goals for next week, as well as notes, observations, musings and dreams...

[illegible]

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 41

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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MIDNIGHT							
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DATE:

Monday

	Topics	Notes	Next Goals
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DATE:

Tuesday

	Topics	Notes	Next Goals
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DATE:

	Topics	Notes	Next Goals
Wednesday	1		
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	Topics	Notes	Next Goals
Thursday	1		
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	Topics	Notes	Next Goals
Friday	1		
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	Topics	Notes	Next Goals
Saturday	1		
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DATE:

Sunday

	Topics	Notes	Next Goals
1			
2			
3			
4			



Try not to compare your skills with other people in a negative way. Remember, everyone improves at his or her own pace.

MEAN
MUSICIAN
JOKES

Q: "How many guitar players does it take to screw in a light bulb?"

A: "13 - one to do it, and twelve to stand around and say, 'Phhhwt! I can do that!'"

"Genius is 10% inspiration, 90% perspiration."
Thomas Edison

Write down your goals for next week, as well as notes, observations, musings and dreams...

[illegible]

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 42

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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DATE:

Monday

Topics	Notes	Next Goals
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DATE:

Tuesday

Topics	Notes	Next Goals
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DATE:

	Topics	Notes	Next Goals
Wednesday	1		
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	Topics	Notes	Next Goals
Thursday	1		
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	Topics	Notes	Next Goals
Friday	1		
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	Topics	Notes	Next Goals
Saturday	1		
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DATE:

Sunday

	Topics	Notes	Next Goals
1			
2			
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4			



People usually quit things when they feel they have no hope in achieving their goals. People also usually quit right before they make some kind of breakthrough, because breakthroughs usually follow periods of great struggle. Don't give up!!

Word Search

- NEW WAVE BANDS -

ABC	DEVO	SMITHS
BLONDIE	DURANDURAN	SQUEEZE
CARS	ERASURE	ROXYMUSIC
CURE	MADNESS	XTC
	POLICE	

R	E	C	I	L	O	P	X	T	C
D	U	R	A	N	D	U	R	A	N
E	X	O	U	Z	Y	E	R	U	C
V	J	X	S	S	Z	S	B	K	B
O	W	Y	S	E	A	L	G	V	A
F	C	M	E	H	O	R	A	G	W
R	X	U	N	N	T	E	E	R	O
M	Q	S	D	B	L	I	F	W	V
S	M	I	A	L	M	S	M	C	E
U	E	C	M	L	A	A	R	S	U

“Motivation is what gets you started. Habit is what keeps you going.”

Jim Ryun

Write down your goals for next week, as well as notes, observations, musings and dreams...

[illegible]

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 44

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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MIDNIGHT							
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2:00AM							

DATE:

Monday

Topics	Notes	Next Goals
1		
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DATE:

Tuesday

Topics	Notes	Next Goals
1		
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DATE:

	Topics	Notes	Next Goals
Wednesday	1		
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DATE:

	Topics	Notes	Next Goals
Thursday	1		
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DATE:

	Topics	Notes	Next Goals
Friday	1		
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DATE:

	Topics	Notes	Next Goals
Saturday	1		
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	3		
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DATE:

	Topics	Notes	Next Goals
Sunday	1		
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	3		
	4		



Share your small accomplishments with anyone who cares! Simply telling a parent, spouse or friend about a specific goal you've achieved actually helps motivate you to continue learning and pushing forward. Go ahead...brag a little, even if they have no idea what you're talking about!

Fun Fact:

In 1952, American composer John Cage created a song titled "4'44". It consisted of four minutes and 33 seconds of silence.

Shhhh!

"Don't be afraid to give up the good to go for the great."
John D. Rockefeller

Write down your goals for next week, as well as notes, observations, musings and dreams...

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PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 45

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
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MIDNIGHT							
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DATE:

Monday

	Topics	Notes	Next Goals
1			
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4			

DATE:

Tuesday

	Topics	Notes	Next Goals
1			
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DATE:

	Topics	Notes	Next Goals
Wednesday	1		
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	Topics	Notes	Next Goals
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Friday	1		
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	Topics	Notes	Next Goals
Saturday	1		
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DATE:

Sunday

	Topics	Notes	Next Goals
1			
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Don't make unrealistic expectations on yourself. Being upset you don't sound like Mozart or John Mayer after a just few months into being a Practice Warrior is not realistic...it's just silly!

**MEAN
MUSICIAN
JOKES**

Q: "What do you call a musician with a college degree?"

A: "Unemployed."

"Some people dream of success while others wake up and work."

Unknown

Write down your goals for next week, as well as notes, observations, musings and dreams...

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PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 46

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
7:00AM							
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DATE:

	Topics	Notes	Next Goals
Monday	1		
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DATE:

	Topics	Notes	Next Goals
Tuesday	1		
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	Topics	Notes	Next Goals
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	Topics	Notes	Next Goals
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	Topics	Notes	Next Goals
Friday	1		
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	Topics	Notes	Next Goals
Saturday	1		
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DATE:

Sunday

	Topics	Notes	Next Goals
1			
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3			
4			



Ask for guidance. Private instruction is one of the best, effective and quickest ways to make improvement on your instrument. Do what you can to find the best teacher you can. Remember, the best player doesn't necessarily make the best teacher.

Word Search

- STYLES -

BLUES	GRUNGE	PUNK
COUNTRY	HIPHOP	ROCK
FOLK	JAZZ	SYMPHONIC
FUNK	ORCHESTRAL	THEATER

O	N	P	R	J	M	P	C	E	F
S	R	E	O	P	A	O	S	G	U
Y	M	C	U	H	U	Z	S	N	N
M	M	N	H	N	P	E	Z	U	K
P	K	N	T	E	U	I	E	R	Y
H	V	R	K	L	S	T	H	G	V
O	Y	R	B	N	R	T	J	F	U
N	R	O	C	K	N	B	R	Q	D
I	R	E	T	A	E	H	T	A	X
C	K	L	O	F	C	G	I	R	L

“Successful people do what unsuccessful people are not willing to do.”

John Rohn

Write down your goals for next week, as well as notes, observations, musings and dreams...

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PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 47

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
7:00AM							
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DATE:

	Topics	Notes	Next Goals
Monday	1		
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	Topics	Notes	Next Goals
Tuesday	1		
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DATE:

	Topics	Notes	Next Goals
Wednesday	1		
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DATE:

	Topics	Notes	Next Goals
Thursday	1		
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DATE:

	Topics	Notes	Next Goals
Friday	1		
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DATE:

	Topics	Notes	Next Goals
Saturday	1		
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	3		
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DATE:

Sunday

	Topics	Notes	Next Goals
1			
2			
3			
4			



Don't let negative people stop you from working on your music. People who say you "can't do it" are just projecting their insecurities and limitations on you. Avoid this negativity at all cost.

MEAN
MUSICIAN
JOKES

Flute Player: ""Did you hear my last recital?" "

Friend: "I hope so."

"Success is walking from failure to failure with no loss of enthusiasm."

Winston Churchill

Write down your goals for next week, as well as notes, observations, musings and dreams...

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PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 48

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
7:00AM							
8:00AM							
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DATE:

Monday

Topics	Notes	Next Goals
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DATE:

Tuesday

Topics	Notes	Next Goals
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	Topics	Notes	Next Goals
Wednesday	1		
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	Topics	Notes	Next Goals
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	Topics	Notes	Next Goals
Friday	1		
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DATE:

	Topics	Notes	Next Goals
Saturday	1		
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DATE:

Sunday

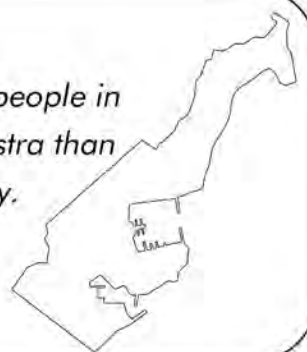
	Topics	Notes	Next Goals
1			
2			
3			
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If you normally practice everyday, it's okay to miss one day a week of practicing. In fact, some brief time away from your instrument keeps you from 'burning out' and also helps your mind and body to further process what you've been working on.

Fun Fact:

There are more people in Monaco's orchestra than in its army.



"There are no secrets to success. It is the result of preparation, hard work, and learning from failure."

Colin Powell

Write down your goals for next week, as well as notes, observations, musings and dreams...

[illegible]

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 49

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	Topics	Notes	Next Goals
Monday	1		
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	Topics	Notes	Next Goals
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	Topics	Notes	Next Goals
Saturday	1		
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DATE:

Sunday

	Topics	Notes	Next Goals
1			
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Remember that your favorite musician faced the same challenges you face at this moment. They persevered...and so will you!

**MEAN
MUSICIAN
JOKES**

- Q:** "What's the difference between a dead chicken in the road, and a dead clarinetist in the road?"
- A:** "There's a remote chance the chicken was on its way to a gig."

"Many of life's failures are people who did not realize how close they were to success when they gave up."

Thomas Edison

Write down your goals for next week, as well as notes, observations, musings and dreams...

[illegible]

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 50

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
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DATE:

	Topics	Notes	Next Goals
Monday	1		
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	Topics	Notes	Next Goals
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	Topics	Notes	Next Goals
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DATE:

Sunday

	Topics	Notes	Next Goals
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Know that, to achieve anything in life, you've got to have guidance, make a plan, execute it, change what isn't working and follow through.

Word Search

- INSTRUMENTS -

BOW	MICROPHONE	SLIDE
CASE	MOUTHPIECE	STICKS
MALLETS	PICK	STRINGS
METRONOME	REED	TUNER
	ROSEN	

M	P	I	C	K	M	W	M	D	M
M	O	F	N	B	I	A	E	E	S
E	O	U	H	O	C	E	T	U	G
S	D	G	T	W	R	R	F	N	N
T	P	I	I	H	O	G	G	E	I
I	C	N	L	N	P	U	S	S	R
C	T	A	O	S	H	I	O	O	T
K	X	M	S	M	O	E	E	R	S
S	E	L	R	E	N	U	T	C	N
P	M	A	L	L	E	T	S	N	E

"Music is the great uniter. An incredible force. Something that people who differ on everything and anything else can have in common."

Sarah Dessen

Write down your goals for next week, as well as notes, observations, musings and dreams...

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PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 51

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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11:00PM							
MIDNIGHT							
1:00AM							
2:00AM							

DATE:

Monday

	Topics	Notes	Next Goals
1			
2			
3			
4			

DATE:

Tuesday

	Topics	Notes	Next Goals
1			
2			
3			
4			

DATE:

	Topics	Notes	Next Goals
Wednesday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Thursday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Friday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Saturday	1		
	2		
	3		
	4		

DATE:

Sunday

	Topics	Notes	Next Goals
1			
2			
3			
4			



Remember that 90% of the time you are struggling to play something 'perfectly', you are simply playing it too fast. Slow it down to where it's perfect, then slowly speed up.

**MEAN
MUSICIAN
JOKES**


Q: "How do you get a guitarist to stop playing?"

A: "Place sheetmusic in front of him."

"The only place where success comes before work is in the dictionary."

Unknown

Write down your goals for next week, as well as notes, observations, musings and dreams...

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

PRACTICE WARRIORS

Weekly Schedule

Indicate when you will practice this week.

Week of / /

WEEK 52

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00AM							
7:00AM							
8:00AM							
9:00AM							
10:00AM							
11:00AM							
NOON							
1:00PM							
2:00PM							
3:00PM							
4:00PM							
5:00PM							
6:00PM							
7:00PM							
8:00PM							
9:00PM							
10:00PM							
11:00PM							
MIDNIGHT							
1:00AM							
2:00AM							

DATE:

Monday

Topics	Notes	Next Goals
1		
2		
3		
4		

DATE:

Tuesday

Topics	Notes	Next Goals
1		
2		
3		
4		

DATE:

	Topics	Notes	Next Goals
Wednesday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Thursday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Friday	1		
	2		
	3		
	4		

DATE:

	Topics	Notes	Next Goals
Saturday	1		
	2		
	3		
	4		

DATE:

Sunday

	Topics	Notes	Next Goals
1			
2			
3			
4			



90% of the time you have trouble playing something, it's because you are playing TOO FAST. Slow it down... get it right. Have patience!

**Check In:**

Have you cleaned your instrument lately? Simple cleaning techniques will ensure a long-lasting and good sounding instrument.

“The only place where success comes before work is in the dictionary.”

Vidal Sassoon

Write down your goals for next week, as well as notes, observations, musings and dreams...

[illegible]