

Goal Oriented Practice: Using a Daily Planner/Log

Goal Oriented Practice is intended to provide the student opportunities to set, plan, and realize practice goals on a daily basis.

Begin your practice by identifying specific areas in your playing and lesson preparation that are in need of improvement. List the areas you wish to improve in the Daily Planner along with your intended goal, in terms of tempo, and in which you would like to play accurately (i.e., a minimum of five repetitions without error). Each time you master one of the incremental tempos leading to the goal temp, mark it in the planner, and begin on the next tempo until the end of your daily practice. Mark in your final tempo and compare with your initial goal tempo (see example below).

Piece/Etude/Exercise Sonata #1 by Bo Diddley

Areas to improve	Tempos practiced in increments					Goal tempo	Tempo achieved
Mvt. 1: m. 12-14, 36-50	60	72	80	84	88	100	88
Mvt 2: m. 1-11, 33-44	48	52	60	72	80	80	80

Piece/Etude/Exercise C Major Scale

Areas to improve	Tempos practiced in increments					Goal tempo	Tempo achieved
High C-F-C in 1/8 th notes	100	104	108	112	116	120	120

Remember these suggestions to make your practice planning successful. (Steve Mauk)

1. "Practice what you can't play." – Larry Teal
2. Always use a metronome.
3. Don't waste time just *playing* music; *practice* it.
4. Be organized and manage your time wisely. Be attentive to the time you spend on each.
5. A passage isn't *mastered* until you can play it five times in a row without error. (This refers to notes, rhythms, articulations, dynamics, and musical expression.) Only then can you increase the tempo.
6. Don't just move the tempo up one metronome marking at a time. Sometimes you can jump one or two settings to speed up the process as long as you are in control (mentally and physically).
7. Keep you body relaxed to perform at your optimum. *Tension is the enemy of speed.* (Use a mirror to observe yourself.)

Please keep in mind, while the Daily Planner is intended to focus on areas you wish to improve in your practice, your practice may also include other fundamentals of playing that are not documented in the Daily Planner, such as tone, and *performance practice* (the art of performing without stops). Make copies of the Daily Planner as needed.

Degree	Minimum daily practice
Minor	½ hour per day
BA	1 hour per day
BM mused	2 hours per day
BM Performance	3 hours per day

The Saxophonist's Daily Planner/Log

Name _____

Date _____

1. Warm-up

Exercise	Purpose	Result	Time spent

2. Piece/Etude/Exercise _____

Areas to improve	Tempos practiced in increments					Goal tempo	Tempo achieved	Time spent
Total Time								

3. Piece/Etude/Exercise _____

Areas to improve	Tempos practiced in increments					Goal tempo	Tempo achieved	Time spent
Total Time								

4. Piece/Etude/Exercise _____

Areas to improve	Tempos practiced in increments					Goal tempo	Tempo achieved	Time spent
Total Time								

5. Intonation

Notes	Tendency	Remedy/Comments	Pitch achieved	Time spent
Total Time				

6. Reeds Used

Brand	Strength	Age	Condition	Adjustments

Daily Total Time-----