Music Practice Journal

Date _____ **Instrument** _____ **Minutes** _____

Intentions

Before you play: one to three things to work on. A passage, a scale, a tempo. Tick them off as you go.

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What I played

Not just how long. Write down the piece and the part, the scale or chord and its root, and the tempo you actually played.

Piece and part, or scale, chord, progression Blackbird, bars 9–16 · Dorian · maj7 · ii–V–I	**Key or root**	**Tempo** BPM	**How it went**		
			Needs work	**Improving**	**Felt solid**
			○	○	○
			○	○	○
			○	○	○
			○	○	○
			○	○	○
			○	○	○
			○	○	○
			○	○	○

Notes

What went well, and what got in the way.

Next time

Where to pick up in your next session, so you never begin from zero.

This week

Tick the days you practiced. Once a week, look back at your pages: which keys are missing, which piece hasn't moved?

Mon	**Tue**	**Wed**	**Thu**	**Fri**	**Sat**	**Sun**
☐ _____ min	☐ _____ min	☐ _____ min	☐ _____ min	☐ _____ min	☐ _____ min	☐ _____ min