



*Joseph Lee Jefferson*  
TROMBONIST

## "6-20-24" PRACTICE JOURNAL



**SESSION GOALS:** I recommend that you keep a practice journal to track what you have practiced. Be specific, list tempo markings, issues with playing, things that went well, and what needs improvement. Before you start each session look back on your previous work and set goals and refocus goals for every task. Start each session with a focus to improve on items played previously. This helps keep you working towards accomplishing your goals for the session, week, month, year, etc.

Name \_\_\_\_\_

Date	What are your musical goals for today?
<b>1<sup>st</sup> Session</b> <b>20 Minutes</b> <b>*Set Timer</b>	
<b>Notes:</b> list tempo markings, issues with playing, things that went well, and what needs improvement	
<b>2<sup>nd</sup> Session</b> <b>20 Minutes</b> <b>*Set Timer</b>	
<b>Notes:</b> list tempo markings, issues with playing, things that went well, and what needs improvement	
<b>3<sup>rd</sup> Session</b> <b>20 Minutes</b> <b>*Set Timer</b>	
<b>Notes:</b> list tempo markings, issues with playing, things that went well, and what needs improvement	

<p><b>4<sup>th</sup> Session</b>  <b>20 Minutes</b>  *Set Timer</p>	
<p><b>Notes:</b>  list tempo markings,  issues with playing,  things that went well,  and what needs improvement</p>	
<p><b>5<sup>th</sup> Session</b>  <b>20 Minutes</b>  *Set Timer</p>	
<p><b>Notes:</b>  list tempo markings,  issues with playing,  things that went well,  and what needs improvement</p>	
<p><b>6<sup>th</sup> Session</b>  <b>20 Minutes</b>  *Set Timer</p>	
<p><b>Notes:</b>  list tempo markings,  issues with playing,  things that went well,  and what needs improvement</p>	
	<p><b>Goals/Areas of Focus for the next session</b></p>
<p><b>Notes:</b></p>	