Weekly Practice (5 points): \_\_\_\_\_\_\_

Fundamentals (1 point): \_\_\_\_\_\_\_

Method Book (1 Point): \_\_\_\_\_\_\_

Concert Literature (1 point): \_\_\_\_\_\_\_

Goal Setting Reflection (2 points): \_\_\_\_\_\_\_

\_\_\_\_\_\_\_Points Earned ÷ 10 possible points x 100 = \_\_\_\_\_\_\_\_\_\_\_\_\_\_Grade

**Weekly Practice: Can you….**

□ Practice 5 or more days?

**Fundamentals: Can you….**

□ Practice 3 or more fundamental skill exercises next time?

□ Provide specific explanations of how you practiced the fundamental skill exercises?

□ Develop your own fundamental skill exercise next time?

**Method Book: Can you….**

□ List 3 or more specific goals/focus?

□ Provide specific explanations of your goals/focus?

□ List 3 or more strategies next time (e.g. see back of practice sheet)?

**Concert Literature: Can you….**

□ List 3 or more specific goals/focus?

□ Provide specific explanations of your goals/focus?

□ List 3 or more strategies next time (e.g. see back of practice sheet)?

**Goal Setting/Reflection: Can you answer the following questions and be specific:**

□ What improved as you practiced?

□ What difficulties did you encounter?

□ What skills or problems need to be addressed next time?

□ What will you practice next time?

**Weekly Practice: Good Work, you….**

□ Practice 5 or more days.

**Fundamentals: Good Work, you….**

□ Practice 3 or more fundamental skill exercises.

□ Provided specific explanations of how you practiced the fundamental skill exercises.

□ Developed your own fundamental skill exercise.

**Method Book: Good Work, you….**

□ Practiced 3 or more specific goals/focus?

□ Provided specific explanation of your goals/focus?

□ Listed 3 or more strategies.

**Concert Literature: Good Work, you….**

□ Practiced 3 or more specific goals/focus?

□ Provided specific explanations of your goals/focus?

□ Listed 3 or more strategies.

**Goal Setting/Reflection: Good Work, you….**

□ Explained what improved as you practiced.

□ Explained what difficulties you encountered

□ Explained what skills or problems need to be addressed next.

□ Explained what you will practice next time.

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