

Practice Journal Pack

Weekly and daily printable templates

A useful practice journal should make the next session easier. It is not a report card and it does not need to be filled perfectly. Choose the amount of detail that helps you notice progress and remember what to do next.

Choose the format that fits the session

WEEKLY TRACKER - PAGE 2

Best for most students. One quick row per day keeps the habit visible without creating extra homework. Print one copy for each week.

DAILY JOURNAL - PAGE 3

Best for longer, advanced, exam or performance-focused sessions. Use a full page when detailed planning and reflection will genuinely help.

Four useful journal habits

1. Set one main goal before you begin.
2. Record what you actually practised, not what you hoped to practise.
3. Note one improvement and one thing that still needs attention.
4. Finish by writing the smallest useful next step.

WHAT IS WORTH TRACKING?

Focus and accuracy matter more than impressive totals. Time can show consistency; tempo can show controlled progress; a short reflection helps you repeat what worked. If a field is not useful that day, leave it blank.

Aim for useful notes, not perfect notes.

Print page 2 for weekly use or page 3 for a detailed daily session. Reprint either template as often as needed.

Weekly Practice Tracker

One week per page - quick entries, useful patterns

Week beginning _____

Days practised _____

My main goal this week _____

Why this matters to me _____

Daily check-in

Day	Planned focus	Minutes	Quick reflection / next step
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

Weekly review

WINS THIS WEEK

What became easier, cleaner or more confident?

CONTINUE NEXT WEEK

What deserves another few focused repetitions?

Question or note for my teacher _____

Daily Practice Journal

One session per page - plan, observe and choose the next step

Date _____

Minutes _____

Energy: ☐ Low ☐ Medium ☐ High

Relaxed and pain-free? ☐ Yes ☐ Adjust next time

TODAY'S MAIN GOAL

One clear result I would like from this session

Session plan

STARTER

Warm-up or review

MAIN

The focused problem or lesson material

DESSERT

Music for enjoyment

Tempo or repetition log

Exercise / section	Starting tempo	Clean tempo	Next target

Reflection

WHAT IMPROVED?

Notice even a small change.

WHAT STILL NEEDS ATTENTION?

Be specific and neutral.

WHAT HELPED?

A tempo, fingering, count, movement or idea worth repeating

NEXT STEP / TEACHER QUESTION

Make the next action small and clear
