

Name:

Practice Sheet

List the material you plan to practice in each of the five zones.
See Chapter I of [The Musician's Way](#) for guidelines and a model.

New material

Divide into sections

Establish interpretive/technical plan

Slow tempo

Developing material

Refine interpretation

Increase tempo

Memorize

Performance material

Practice performing

Maintain memory

Renew and innovate

Technique

Scales

Arpeggios

Voice/instrument-specific work

Musicianship

Sight-reading

Theory/ear training

Composition/improvisation

Listening/study