**Weekly Practice Journal**

**Long-term goals**

What general area(s) of my playing would I like to focus on improving? (Choose one or two to focus on at a time.)

Are there any areas of my warm-up already geared to help with this? How might I be able to tweak or add to my warm up/practice routine to improve this aspect of my playing? (Feel free to brainstorm and try out new ideas. That’s what practice is for.)

**Music**

What music do I need to focus on this week (challenging parts and solos for band, scales and etudes, oboe solos)? (Be specific—if there’s a really long piece, choose a few lines to focus on at a time.)

What technical things do I need to work on for these pieces (fingers, articulations, rhythm, pitch, basic dynamics, etc.)?

What musical things do I need to work on for these pieces? Are there places where I need to work on figuring out the phrasing? Are there places where I need to work on figuring out the character (if the music were in a movie, what would be happening in the movie)? Are there places where I should experiment with different ways of doing the articulations (shorter vs. longer, more or less tongue sound at the beginning, different ways of ending the note), dynamic shadings, or vibrato (slower vs. faster; should it be constant, reduce or slow down through the note, or increase or speed up through the note)?