My dedicated daily practice time is: ________________________________

What is my practice goal? Is this goal specific and appropriate for one day’s worth of practice time? Is this written in my practice record?

What counts as “practice”?  
1) Long tones/buzzing/breath control  
2) Scales as written and with different articulation patterns (slur/tongue)  
3) Sight-reading (reading through an entire piece without stopping to fix mistakes)  
4) Fixing mistakes by:  
   a. Marking your music as mistakes arise  
   b. Playing through things slowly and accurately  
   c. Repeating challenging areas slowly until they are precise and correct  
5) Playing to maximize musical phrasing  
6) Recording yourself, then playing it back to hear how you really sound  
7) Always with a metronome  
8) Always with a tuner

What does NOT count as “practice”?  
1) “Noodling” around  
2) Playing the stuff you already know  
3) Being distracted in the middle of a practice session (watching TV, checking the computer, texting, etc.)

Did I accomplish my goal? If not, keep working! If yes, congratulate yourself!