

Practice Checklists

- ☒ Deliberate Practice & Attention Endurance
- ☒ 27 min Interleaved Practice
- ☒ Pre-Performance Routine
- ☒ Practice Performance

Deliberate practice & Attention Endurance

My Practice Place

Phone is on Flight Mode ☐

Practice Calendar & Pen ☐

Computer is on Flight Mode ☐

Recording Device & Timer ☐

Musical Excerpt I Work On:



1st Recording

Observations: What do I hear? What do I want to change?

1,

2,

3,

How can I change it?

1,

2,

3,



2nd Recording implementing the changes

Observations: Did it work?

1,

2,

3,

Conclusion & Changes I keep

Take notes in your Practice Calendar.

1,

2,

3,

27 min Interleaved Practice

3 Musical Excerpts I Work On:

A

B

C

Use the timer for this practice, set it up to 3 min

3 min each

1, A

☐

4, A

☐

7, A

☐

2, B

☐

5, B

☐

8, B

☐

3, C

☐

6, C

☐

9, C

☐

You can make it 45 min by playing for 5 min each.

Pre-Performance Routine

Write down your pre-performance routine.

My Pre-Performance Routine:

Repeat it several times until it becomes a habit and takes you to the Zone.

Practice Performance

Organize a performance for your family and friends to put into action all that you learned during this practice.

Date & Time ☐

Venue ☐

Invitations ☐