

8<sup>th</sup> Grade Band  
Pep Band Make-up Assignment #1  
Practice Log

Directions: During the course of one week, practice a minimum of 3 times for at least 30 minutes each. Before practicing, outline what you wish to achieve for that practice session (Be specific. Identify measure numbers, elements you wish to improve, etc..). Upon completion of your practice session, reflect on the success of the strategies that you used and whether or not they helped you achieve your goals. Then sign the honor statement on the back.

Practice #1                      Date: \_\_\_\_\_

Before- What I am going to accomplish as I practice:

- 
- 
- 

After- How successful was I at completing the above goals? What do I need to work on for next time?  
How can I be more successful in the future?

Practice #2                      Date: \_\_\_\_\_

Before- What I am going to accomplish as I practice:

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After- How successful was I at completing the above goals? What do I need to work on for next time?  
How can I be more successful in the future?

Practice #3                      Date: \_\_\_\_\_

Before- What I am going to accomplish as I practice:

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After- How successful was I at completing the above goals? What do I need to work on for next time?  
How can I be more successful in the future?

On my honor, I \_\_\_\_\_ certify that these practice sessions did take place and I answered truthfully regarding my intended goals and successes.

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Parent Signature

Date & Event Missed: \_\_\_\_\_