



Initiating Practice

Name

Date

Minimum length of each session

Weekly
Totals

Number of sessions Length of sessions

	Monday	Monday	Tuesday	Tuesday	Wednesday	Wednesday	Thursday	Thursday	Friday	Friday	Saturday	Saturday	Sunday	Sunday	Number of sessions	Length of sessions
Week 1																
Week 2																
Week 3																
Week 4																
Week 5																
Week 6																
Week 7																
Week 8																
Week 9																
Week 10																
Week 11																
Week 12																
Totals for each day																
GRAND TOTAL	—————→															

Start by working out a minimum length of time for each session with your teacher. This will be based on your age and your level. Be sure to make it an easily achievable length. You can always increase it.

There are two winners per term or half term.

- 1) The student who initiates the most practice sessions (this means practice has to be the student's decision not the result of parents reminders).
- 2) The student who makes the greatest improvement during the period chosen.

Write the length of each session in the relevant box. Make sure it is your minimum (or more), if it is less, complete the session later in the day. Tally up at the end of each week.

You will notice there are two columns for each day. This means on some days you can do two sessions. Make sure you know your daily priorities; what will you do first? You can follow these with any extras, or your own work. Remember theory, apps, listening and research also count, so include these.