

<b>Student Name -</b>	Circle your school - Highlands    Horse Heaven Hills
Circle your class - Band or Orchestra (6th , 7th , 8th )	Forms are due at the end of the Quarter.

Write in the number of minutes you've practiced each day. Remember it's better to practice 15 -30 min. every day for 4 days than it is to practice 1-2 hours on just one day.

Date (Monday Only)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Parent Signature
January 26th, 2008								
February 2nd, 2008								
February 9th, 2008								
February 16th, 2008								
February 23rd, 2008								
March 2nd, 2008								
March 9th, 2008								
March 16th, 2008								
March 23rd, 2008								

Always take your instrument out of it's case the moment you get home.... That means before you get your snack. Scientists have proven that an instrument in it's case is very difficult to play. It might help to get an instrument stand. You can purchase them at a local music store or perhaps even convince a handy person to make you one. If nothing else, use a soft pillow that is set in a special place where you'll see it.... kind of like a pet pillow. Only your instrument already knows how to sit and stay, it eats very little, and it will never cause a mess on your carpet...