# Practice session targets

**Week beginning___/___/_____**

**Targets for the week**

**How near to the target are you?** ① ② ③ ④ ⑤

| | |
|---|---|
| **Day after lesson** _____ ☐ | **3 days before lesson** _____ ☐ |
| **5 days before lesson** _____ ☐ | **2 days before lesson** _____ ☐ |
| **4 days before lesson** _____ ☐ | **Day before lesson**<br>**This should include a full review** _____ ☐ |

**Copy it, modify it, pass it on, use it!**

For more help with making your practice more efficient and effective go to www.essential-music-practice.com