



Personal Practice Plan - 7 day checklist

Monday

- ☐ - Breathing:
- ☐ - Movement:
- ☐ - 1/2 step Long Tones: Full Range with Tuner: Listen/ Feel then Look
- ☐ - Vibrato/ Melodies:
- ☐ - Harmonics:
- ☐ - Flexibility/Intervals:
- ☐ - Major Scales:
- ☐ - Minor Scales:
- ☐ - 1/2 - Whole Step and M&m 3rds Exercises:
- ☐ - Or Precision & Flow Or 3rds:
- ☐ - Arpeggios / Chords/ T & G:
- ☐ - Etudes/ Excerpts:
- ☐ - Repertoire:
- ☐ - Sight Reading:
- ☐ - Score Study & Listening:

Tuesday

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