

BAND DIRECTOR'S

SURVIVAL GUIDE

# Practice Journal

*"Crafted" Practice*

Center

Record

Analyze

Fix

Tweak

Envision

Drill

# Always Be Centering

Date:

## Today's Goal:

1. Work on your weaknesses with specific goals that increase in challenge
2. Break down skills into the smallest possible pieces until you can get them right
3. Pre-Shot Routine



## Fundamentals:


| Routine/Exercise | BPM | Routine/Exercise | BPM |
|------------------|-----|------------------|-----|
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |

Space for Notes:

“Process to product, the formula for life’s great art.”

## Repertoire:

|   |       |              |
|---|-------|--------------|
| Piece:  | BPM:  | Discoveries: |
| <hr/>  | <hr/> |              |
| <hr/>  |       |              |

|  |              |
|--|--------------|
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>      | Discoveries: |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>      | Discoveries: |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>     | Discoveries: |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>  | Discoveries: |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>  | Discoveries: |

|                            |
|----------------------------|
| <b>Practice Duration:</b>  |
| <b>Goals for Tomorrow:</b> |

# Always Be Centering

Date:

Today's Goal:

4. Work on your weaknesses with specific goals that increase in challenge
5. Break down skills into the smallest possible pieces until you can get them right
6. Pre-Shot Routine



Fundamentals:

| Routine/Exercise | BPM | Routine/Exercise | BPM |
|------------------|-----|------------------|-----|
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |

Space for Notes:

“Process to product, the formula for life’s great art.”

Repertoire:

|   |       |              |
|---|-------|--------------|
| Piece:  | BPM:  | Discoveries: |
| <hr/>  | <hr/> |              |
| <hr/>  |       |              |

|   |              |
|---|--------------|
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      |              |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>  | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>  | Discoveries: |

|                     |
|---------------------|
| Practice Duration:  |
| Goals for Tomorrow: |

# Always Be Centering

Date:

## Today's Goal:

7. Work on your weaknesses with specific goals that increase in challenge
8. Break down skills into the smallest possible pieces until you can get them right
9. Pre-Shot Routine



## Fundamentals:


| Routine/Exercise | BPM | Routine/Exercise | BPM |
|------------------|-----|------------------|-----|
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |

Space for Notes:

“Process to product, the formula for life’s great art.”

## Repertoire:

|   |       |              |
|---|-------|--------------|
| Piece:  | BPM:  | Discoveries: |
| <hr/>  | <hr/> |              |
| <hr/>  |       |              |

|  |                     |
|--|---------------------|
| <p>Piece: _____ BPM: _____</p> <hr/>  <hr/>      | <p>Discoveries:</p> |
| <p>Piece: _____ BPM: _____</p> <hr/>  <hr/>      | <p>Discoveries:</p> |
| <p>Piece: _____ BPM: _____</p> <hr/>  <hr/>     | <p>Discoveries:</p> |
| <p>Piece: _____ BPM: _____</p> <hr/>  <hr/>  | <p>Discoveries:</p> |
| <p>Piece: _____ BPM: _____</p> <hr/>  <hr/>  | <p>Discoveries:</p> |

|                            |
|----------------------------|
| <p>Practice Duration:</p>  |
| <p>Goals for Tomorrow:</p> |

# Always Be Centering

Date:

Today's Goal:

10. Work on your weaknesses with specific goals that increase in challenge
11. Break down skills into the smallest possible pieces until you can get them right
12. Pre-Shot Routine



Fundamentals:

| Routine/Exercise | BPM | Routine/Exercise | BPM |
|------------------|-----|------------------|-----|
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |

Space for Notes:

“Process to product, the formula for life’s great art.”

Repertoire:

|   |       |              |
|---|-------|--------------|
| Piece:  | BPM:  | Discoveries: |
| <hr/>   | <hr/> |              |
|  |       |              |
| <hr/>   |       |              |
|  |       |              |



|   |              |
|---|--------------|
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      |              |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>  | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>  | Discoveries: |

|                     |
|---------------------|
| Practice Duration:  |
| Goals for Tomorrow: |

# Always Be Centering

Date:

Today's Goal:

- 13. Work on your weaknesses with specific goals that increase in challenge
- 14. Break down skills into the smallest possible pieces until you can get them right
- 15. Pre-Shot Routine



Fundamentals:


| Routine/Exercise | BPM | Routine/Exercise | BPM |
|------------------|-----|------------------|-----|
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |

Space for Notes:

“Process to product, the formula for life’s great art.”

Repertoire:

|   |       |              |
|---|-------|--------------|
| Piece:  | BPM:  | Discoveries: |
| <hr/>  | <hr/> |              |
| <hr/>  |       |              |

|  |              |
|--|--------------|
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>      | Discoveries: |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>      | Discoveries: |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>     | Discoveries: |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>  | Discoveries: |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>  | Discoveries: |

|                            |
|----------------------------|
| <b>Practice Duration:</b>  |
| <b>Goals for Tomorrow:</b> |

# Always Be Centering

Date:

Today's Goal:

- 16. Work on your weaknesses with specific goals that increase in challenge
- 17. Break down skills into the smallest possible pieces until you can get them right
- 18. Pre-Shot Routine



Fundamentals:

| Routine/Exercise | BPM | Routine/Exercise | BPM |
|------------------|-----|------------------|-----|
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |

Space for Notes:

“Process to product, the formula for life’s great art.”

Repertoire:

|   |       |              |
|---|-------|--------------|
| Piece:  | BPM:  | Discoveries: |
| <hr/>  | <hr/> |              |
| <hr/>  |       |              |

|   |              |
|---|--------------|
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      |              |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>  | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>  | Discoveries: |

|                     |
|---------------------|
| Practice Duration:  |
| Goals for Tomorrow: |

# Always Be Centering

Date:

Today's Goal:

- 19. Work on your weaknesses with specific goals that increase in challenge
- 20. Break down skills into the smallest possible pieces until you can get them right
- 21. Pre-Shot Routine



Fundamentals:


| Routine/Exercise | BPM | Routine/Exercise | BPM |
|------------------|-----|------------------|-----|
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |

Space for Notes:

“Process to product, the formula for life’s great art.”

Repertoire:

|   |       |              |
|---|-------|--------------|
| Piece:  | BPM:  | Discoveries: |
| <hr/>  | <hr/> |              |
| <hr/>  |       |              |

|  |              |
|--|--------------|
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>      | Discoveries: |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>      | Discoveries: |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>     | Discoveries: |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>  | Discoveries: |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>  | Discoveries: |

|                            |
|----------------------------|
| <b>Practice Duration:</b>  |
| <b>Goals for Tomorrow:</b> |

# Always Be Centering

Date:

Today's Goal:

- 22. Work on your weaknesses with specific goals that increase in challenge
- 23. Break down skills into the smallest possible pieces until you can get them right
- 24. Pre-Shot Routine



Fundamentals:

| Routine/Exercise | BPM | Routine/Exercise | BPM |
|------------------|-----|------------------|-----|
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |



Space for Notes:

“Process to product, the formula for life’s great art.”

Repertoire:

|   |       |              |
|---|-------|--------------|
| Piece:  | BPM:  | Discoveries: |
| <hr/>  | <hr/> |              |
| <hr/>  |       |              |



|   |              |
|---|--------------|
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      |              |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>  | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>  | Discoveries: |

|                     |
|---------------------|
| Practice Duration:  |
| Goals for Tomorrow: |

# Always Be Centering

Date:

Today's Goal:

- 25. Work on your weaknesses with specific goals that increase in challenge
- 26. Break down skills into the smallest possible pieces until you can get them right
- 27. Pre-Shot Routine



Fundamentals:


| Routine/Exercise | BPM | Routine/Exercise | BPM |
|------------------|-----|------------------|-----|
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |

Space for Notes:

“Process to product, the formula for life’s great art.”

Repertoire:

|   |       |              |
|---|-------|--------------|
| Piece:  | BPM:  | Discoveries: |
| <hr/>  | <hr/> |              |
| <hr/>  |       |              |

|   |              |
|---|--------------|
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>     | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>  | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>  | Discoveries: |

|                            |
|----------------------------|
| <b>Practice Duration:</b>  |
| <b>Goals for Tomorrow:</b> |

# Always Be Centering

Date:

Today's Goal:

- 28. Work on your weaknesses with specific goals that increase in challenge
- 29. Break down skills into the smallest possible pieces until you can get them right
- 30. Pre-Shot Routine



Fundamentals:

| Routine/Exercise | BPM | Routine/Exercise | BPM |
|------------------|-----|------------------|-----|
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |

Space for Notes:

“Process to product, the formula for life’s great art.”

Repertoire:

|   |       |              |
|---|-------|--------------|
| Piece:  | BPM:  | Discoveries: |
| <hr/>  | <hr/> |              |
| <hr/>  |       |              |

|   |              |
|---|--------------|
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      |              |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>  | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>  | Discoveries: |

|                     |
|---------------------|
| Practice Duration:  |
| Goals for Tomorrow: |

# Always Be Centering

Date:

Today's Goal:

31. Work on your weaknesses with specific goals that increase in challenge
32. Break down skills into the smallest possible pieces until you can get them right
33. Pre-Shot Routine



Fundamentals:


| Routine/Exercise | BPM | Routine/Exercise | BPM |
|------------------|-----|------------------|-----|
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |

Space for Notes:

“Process to product, the formula for life’s great art.”

Repertoire:

|   |       |              |
|---|-------|--------------|
| Piece:  | BPM:  | Discoveries: |
| <hr/>  | <hr/> |              |
| <hr/>  |       |              |

|  |              |
|--|--------------|
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>      | Discoveries: |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>      | Discoveries: |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>     | Discoveries: |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>  | Discoveries: |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>  | Discoveries: |

|                            |
|----------------------------|
| <b>Practice Duration:</b>  |
| <b>Goals for Tomorrow:</b> |

# Always Be Centering

Date:

Today's Goal:

- 34. Work on your weaknesses with specific goals that increase in challenge
- 35. Break down skills into the smallest possible pieces until you can get them right
- 36. Pre-Shot Routine



Fundamentals:

| Routine/Exercise | BPM | Routine/Exercise | BPM |
|------------------|-----|------------------|-----|
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |

Space for Notes:

“Process to product, the formula for life’s great art.”

Repertoire:

|   |       |              |
|---|-------|--------------|
| Piece:  | BPM:  | Discoveries: |
|  | _____ |              |
|  | _____ |              |



|   |              |
|---|--------------|
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      |              |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>  | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>  | Discoveries: |

|                     |
|---------------------|
| Practice Duration:  |
| Goals for Tomorrow: |

# Always Be Centering

Date:

Today's Goal:

- 37. Work on your weaknesses with specific goals that increase in challenge
- 38. Break down skills into the smallest possible pieces until you can get them right
- 39. Pre-Shot Routine



Fundamentals:


| Routine/Exercise | BPM | Routine/Exercise | BPM |
|------------------|-----|------------------|-----|
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |

Space for Notes:

“Process to product, the formula for life’s great art.”

Repertoire:

|   |       |              |
|---|-------|--------------|
| Piece:  | BPM:  | Discoveries: |
| <hr/>  | <hr/> |              |
| <hr/>  |       |              |

|  |                     |
|--|---------------------|
| <p>Piece: _____ BPM: _____</p> <hr/>  <hr/>      | <p>Discoveries:</p> |
| <p>Piece: _____ BPM: _____</p> <hr/>  <hr/>      | <p>Discoveries:</p> |
| <p>Piece: _____ BPM: _____</p> <hr/>  <hr/>     | <p>Discoveries:</p> |
| <p>Piece: _____ BPM: _____</p> <hr/>  <hr/>  | <p>Discoveries:</p> |
| <p>Piece: _____ BPM: _____</p> <hr/>  <hr/>  | <p>Discoveries:</p> |

|                            |
|----------------------------|
| <p>Practice Duration:</p>  |
| <p>Goals for Tomorrow:</p> |

# Always Be Centering

Date:

Today's Goal:

- 40. Work on your weaknesses with specific goals that increase in challenge
- 41. Break down skills into the smallest possible pieces until you can get them right
- 42. Pre-Shot Routine



Fundamentals:

| Routine/Exercise | BPM | Routine/Exercise | BPM |
|------------------|-----|------------------|-----|
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |

Space for Notes:

“Process to product, the formula for life’s great art.”

Repertoire:

|   |       |              |
|---|-------|--------------|
| Piece:  | BPM:  | Discoveries: |
| <hr/>  | <hr/> |              |
| <hr/>  |       |              |

|   |              |
|---|--------------|
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      |              |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>  | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>  | Discoveries: |

|                     |
|---------------------|
| Practice Duration:  |
| Goals for Tomorrow: |

# Always Be Centering

Date:

Today's Goal:

- 43. Work on your weaknesses with specific goals that increase in challenge
- 44. Break down skills into the smallest possible pieces until you can get them right
- 45. Pre-Shot Routine



Fundamentals:


| Routine/Exercise | BPM | Routine/Exercise | BPM |
|------------------|-----|------------------|-----|
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |

Space for Notes:

“Process to product, the formula for life’s great art.”

Repertoire:

|   |       |              |
|---|-------|--------------|
| Piece:  | BPM:  | Discoveries: |
| <hr/>  | <hr/> |              |
| <hr/>  |       |              |

|   |              |
|---|--------------|
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>     | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>  | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>  | Discoveries: |

|                            |
|----------------------------|
| <b>Practice Duration:</b>  |
| <b>Goals for Tomorrow:</b> |

# Always Be Centering

Date:

Today's Goal:

- 46. Work on your weaknesses with specific goals that increase in challenge
- 47. Break down skills into the smallest possible pieces until you can get them right
- 48. Pre-Shot Routine



Fundamentals:

| Routine/Exercise | BPM | Routine/Exercise | BPM |
|------------------|-----|------------------|-----|
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |



Space for Notes:

“Process to product, the formula for life’s great art.”

Repertoire:

|   |       |              |
|---|-------|--------------|
| Piece:  | BPM:  | Discoveries: |
| <hr/>  | <hr/> |              |
| <hr/>  |       |              |



|   |              |
|---|--------------|
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      |              |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>  | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>  | Discoveries: |

|                     |
|---------------------|
| Practice Duration:  |
| Goals for Tomorrow: |

# Always Be Centering

Date:

Today's Goal:

- 49. Work on your weaknesses with specific goals that increase in challenge
- 50. Break down skills into the smallest possible pieces until you can get them right
- 51. Pre-Shot Routine



Fundamentals:



| Routine/Exercise | BPM | Routine/Exercise | BPM |
|------------------|-----|------------------|-----|
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |

Space for Notes:

“Process to product, the formula for life’s great art.”

Repertoire:

|   |      |              |
|---|------|--------------|
| Piece:  | BPM: | Discoveries: |
| <hr/>  <hr/>  |      |              |

|  |              |
|--|--------------|
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>      | Discoveries: |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>      | Discoveries: |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>     | Discoveries: |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>  | Discoveries: |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>  | Discoveries: |

|                            |
|----------------------------|
| <b>Practice Duration:</b>  |
| <b>Goals for Tomorrow:</b> |

# Always Be Centering

Date:

Today's Goal:

- 52. Work on your weaknesses with specific goals that increase in challenge
- 53. Break down skills into the smallest possible pieces until you can get them right
- 54. Pre-Shot Routine



Fundamentals:


| Routine/Exercise | BPM | Routine/Exercise | BPM |
|------------------|-----|------------------|-----|
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |

Space for Notes:

“Process to product, the formula for life’s great art.”

Repertoire:

|   |       |              |
|---|-------|--------------|
| Piece:  | BPM:  | Discoveries: |
| <hr/>  | <hr/> |              |
| <hr/>  |       |              |

|   |              |
|---|--------------|
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      |              |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>  | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>  | Discoveries: |

|                     |
|---------------------|
| Practice Duration:  |
| Goals for Tomorrow: |

# Always Be Centering

Date:

Today's Goal:

- 55. Work on your weaknesses with specific goals that increase in challenge
- 56. Break down skills into the smallest possible pieces until you can get them right
- 57. Pre-Shot Routine



Fundamentals:


| Routine/Exercise | BPM | Routine/Exercise | BPM |
|------------------|-----|------------------|-----|
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |

Space for Notes:

“Process to product, the formula for life’s great art.”

Repertoire:

|  |      |              |
|--|------|--------------|
| Piece:   | BPM: | Discoveries: |
| <hr/>  <hr/><br> |      |              |

|   |              |
|---|--------------|
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>     | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>  | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>  | Discoveries: |

|                            |
|----------------------------|
| <b>Practice Duration:</b>  |
| <b>Goals for Tomorrow:</b> |

# Always Be Centering

Date:

Today's Goal:

- 58. Work on your weaknesses with specific goals that increase in challenge
- 59. Break down skills into the smallest possible pieces until you can get them right
- 60. Pre-Shot Routine



Fundamentals:

| Routine/Exercise | BPM | Routine/Exercise | BPM |
|------------------|-----|------------------|-----|
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |



Space for Notes:

“Process to product, the formula for life’s great art.”

Repertoire:

|   |       |              |
|---|-------|--------------|
| Piece:  | BPM:  | Discoveries: |
| <hr/>  | <hr/> |              |
| <hr/>  |       |              |



|   |              |
|---|--------------|
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      |              |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>  | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>  | Discoveries: |

|                     |
|---------------------|
| Practice Duration:  |
| Goals for Tomorrow: |

# Always Be Centering

Date:

Today's Goal:

61. Work on your weaknesses with specific goals that increase in challenge
62. Break down skills into the smallest possible pieces until you can get them right
63. Pre-Shot Routine



Fundamentals:


| Routine/Exercise | BPM | Routine/Exercise | BPM |
|------------------|-----|------------------|-----|
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |

Space for Notes:

“Process to product, the formula for life’s great art.”

Repertoire:

|  |      |              |
|--|------|--------------|
| Piece:   | BPM: | Discoveries: |
| <hr/>  <hr/><br> |      |              |

|  |              |
|--|--------------|
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>      | Discoveries: |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>      | Discoveries: |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>     | Discoveries: |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>  | Discoveries: |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>  | Discoveries: |

|                            |
|----------------------------|
| <b>Practice Duration:</b>  |
| <b>Goals for Tomorrow:</b> |

# Always Be Centering

Date:

Today's Goal:

- 64. Work on your weaknesses with specific goals that increase in challenge
- 65. Break down skills into the smallest possible pieces until you can get them right
- 66. Pre-Shot Routine



Fundamentals:

| Routine/Exercise | BPM | Routine/Exercise | BPM |
|------------------|-----|------------------|-----|
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |

Space for Notes:

“Process to product, the formula for life’s great art.”

Repertoire:

|   |       |              |
|---|-------|--------------|
| Piece:  | BPM:  | Discoveries: |
| <hr/>  | <hr/> |              |
| <hr/>  |       |              |

|   |              |
|---|--------------|
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      |              |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>      | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>  | Discoveries: |
| Piece: _____ BPM: _____<br><hr/> <br><hr/>  | Discoveries: |

|                     |
|---------------------|
| Practice Duration:  |
| Goals for Tomorrow: |

# Always Be Centering

Date:

Today's Goal:

- 67. Work on your weaknesses with specific goals that increase in challenge
- 68. Break down skills into the smallest possible pieces until you can get them right
- 69. Pre-Shot Routine



Fundamentals:


| Routine/Exercise | BPM | Routine/Exercise | BPM |
|------------------|-----|------------------|-----|
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |

Space for Notes:

“Process to product, the formula for life’s great art.”

Repertoire:

|   |       |              |
|---|-------|--------------|
| Piece:  | BPM:  | Discoveries: |
| <hr/>   | <hr/> |              |
|  |       |              |
| <hr/>   |       |              |
|  |       |              |

|   |                     |
|---|---------------------|
| <p>Piece: <span style="float: right;">BPM:</span></p> <hr/>  <hr/>      | <p>Discoveries:</p> |
| <p>Piece: <span style="float: right;">BPM:</span></p> <hr/>  <hr/>      | <p>Discoveries:</p> |
| <p>Piece: <span style="float: right;">BPM:</span></p> <hr/>  <hr/>     | <p>Discoveries:</p> |
| <p>Piece: <span style="float: right;">BPM:</span></p> <hr/>  <hr/>  | <p>Discoveries:</p> |
| <p>Piece: <span style="float: right;">BPM:</span></p> <hr/>  <hr/>  | <p>Discoveries:</p> |

|                            |
|----------------------------|
| <p>Practice Duration:</p>  |
| <p>Goals for Tomorrow:</p> |

# Always Be Centering

Date:

Today's Goal:

- 70. Work on your weaknesses with specific goals that increase in challenge
- 71. Break down skills into the smallest possible pieces until you can get them right
- 72. Pre-Shot Routine



Fundamentals:

| Routine/Exercise | BPM | Routine/Exercise | BPM |
|------------------|-----|------------------|-----|
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |

Space for Notes:

“Process to product, the formula for life’s great art.”

Repertoire:

|   |       |              |
|---|-------|--------------|
| Piece:  | BPM:  | Discoveries: |
| <hr/>   | <hr/> |              |
|  | <hr/> |              |
|  |       |              |



|  |              |
|--|--------------|
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>      |              |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>      | Discoveries: |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>      | Discoveries: |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>  | Discoveries: |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>  | Discoveries: |

|                     |
|---------------------|
| Practice Duration:  |
| Goals for Tomorrow: |

# Always Be Centering

Date:

Today's Goal:

- 73. Work on your weaknesses with specific goals that increase in challenge
- 74. Break down skills into the smallest possible pieces until you can get them right
- 75. Pre-Shot Routine



Fundamentals:


| Routine/Exercise | BPM | Routine/Exercise | BPM |
|------------------|-----|------------------|-----|
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |

Space for Notes:

“Process to product, the formula for life’s great art.”

Repertoire:

|   |      |              |
|---|------|--------------|
| Piece:  | BPM: | Discoveries: |
| <hr/>  <hr/>  |      |              |

|  |                     |
|--|---------------------|
| <p>Piece: _____ BPM: _____</p> <hr/>  <hr/>      | <p>Discoveries:</p> |
| <p>Piece: _____ BPM: _____</p> <hr/>  <hr/>      | <p>Discoveries:</p> |
| <p>Piece: _____ BPM: _____</p> <hr/>  <hr/>     | <p>Discoveries:</p> |
| <p>Piece: _____ BPM: _____</p> <hr/>  <hr/>  | <p>Discoveries:</p> |
| <p>Piece: _____ BPM: _____</p> <hr/>  <hr/>  | <p>Discoveries:</p> |

|                            |
|----------------------------|
| <p>Practice Duration:</p>  |
| <p>Goals for Tomorrow:</p> |

# Always Be Centering

Date:

Today's Goal:

- 76. Work on your weaknesses with specific goals that increase in challenge
- 77. Break down skills into the smallest possible pieces until you can get them right
- 78. Pre-Shot Routine



Fundamentals:

| Routine/Exercise | BPM | Routine/Exercise | BPM |
|------------------|-----|------------------|-----|
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |

Space for Notes:

“Process to product, the formula for life’s great art.”

Repertoire:

|   |       |              |
|---|-------|--------------|
| Piece:  | BPM:  | Discoveries: |
| <hr/>  | <hr/> |              |
| <hr/>  |       |              |

|  |              |
|--|--------------|
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>      |              |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>      | Discoveries: |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>      | Discoveries: |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>  | Discoveries: |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>  | Discoveries: |

|                            |
|----------------------------|
| <b>Practice Duration:</b>  |
| <b>Goals for Tomorrow:</b> |

# Always Be Centering

Date:

Today's Goal:

- 79. Work on your weaknesses with specific goals that increase in challenge
- 80. Break down skills into the smallest possible pieces until you can get them right
- 81. Pre-Shot Routine



Fundamentals:


| Routine/Exercise | BPM | Routine/Exercise | BPM |
|------------------|-----|------------------|-----|
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |

Space for Notes:

“Process to product, the formula for life’s great art.”

Repertoire:

|   |      |              |
|---|------|--------------|
| Piece:  | BPM: | Discoveries: |
|  |      |              |
|  |      |              |

|  |                     |
|--|---------------------|
| <p>Piece: _____ BPM: _____</p> <hr/>  <hr/>      | <p>Discoveries:</p> |
| <p>Piece: _____ BPM: _____</p> <hr/>  <hr/>      | <p>Discoveries:</p> |
| <p>Piece: _____ BPM: _____</p> <hr/>  <hr/>     | <p>Discoveries:</p> |
| <p>Piece: _____ BPM: _____</p> <hr/>  <hr/>  | <p>Discoveries:</p> |
| <p>Piece: _____ BPM: _____</p> <hr/>  <hr/>  | <p>Discoveries:</p> |

|                            |
|----------------------------|
| <p>Practice Duration:</p>  |
| <p>Goals for Tomorrow:</p> |

# Always Be Centering

Date:

Today's Goal:

- 82. Work on your weaknesses with specific goals that increase in challenge
- 83. Break down skills into the smallest possible pieces until you can get them right
- 84. Pre-Shot Routine



Fundamentals:

| Routine/Exercise | BPM | Routine/Exercise | BPM |
|------------------|-----|------------------|-----|
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |

Space for Notes:

“Process to product, the formula for life’s great art.”

Repertoire:

|   |       |              |
|---|-------|--------------|
| Piece:  | BPM:  | Discoveries: |
| <hr/>   | <hr/> |              |
|  |       |              |
| <hr/>   |       |              |
|  |       |              |



|  |              |
|--|--------------|
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>      |              |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>      | Discoveries: |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>      | Discoveries: |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>  | Discoveries: |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>  | Discoveries: |

|                     |
|---------------------|
| Practice Duration:  |
| Goals for Tomorrow: |

# Always Be Centering

Date:

Today's Goal:

- 85. Work on your weaknesses with specific goals that increase in challenge
- 86. Break down skills into the smallest possible pieces until you can get them right
- 87. Pre-Shot Routine



Fundamentals:


| Routine/Exercise | BPM | Routine/Exercise | BPM |
|------------------|-----|------------------|-----|
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |

Space for Notes:

“Process to product, the formula for life’s great art.”

Repertoire:

|   |       |              |
|---|-------|--------------|
| Piece:  | BPM:  | Discoveries: |
| <hr/>  | <hr/> |              |
| <hr/>  |       |              |

|  |                     |
|--|---------------------|
| <p>Piece: _____ BPM: _____</p> <hr/>  <hr/>      | <p>Discoveries:</p> |
| <p>Piece: _____ BPM: _____</p> <hr/>  <hr/>      | <p>Discoveries:</p> |
| <p>Piece: _____ BPM: _____</p> <hr/>  <hr/>     | <p>Discoveries:</p> |
| <p>Piece: _____ BPM: _____</p> <hr/>  <hr/>  | <p>Discoveries:</p> |
| <p>Piece: _____ BPM: _____</p> <hr/>  <hr/>  | <p>Discoveries:</p> |

|                            |
|----------------------------|
| <p>Practice Duration:</p>  |
| <p>Goals for Tomorrow:</p> |

# Always Be Centering

Date:

Today's Goal:

- 88. Work on your weaknesses with specific goals that increase in challenge
- 89. Break down skills into the smallest possible pieces until you can get them right
- 90. Pre-Shot Routine



Fundamentals:

| Routine/Exercise | BPM | Routine/Exercise | BPM |
|------------------|-----|------------------|-----|
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |
|                  |     |                  |     |

Space for Notes:

“Process to product, the formula for life’s great art.”

Repertoire:

|   |       |              |
|---|-------|--------------|
| Piece:  | BPM:  | Discoveries: |
| <hr/>  | <hr/> |              |
| <hr/>  |       |              |

|  |              |
|--|--------------|
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>      |              |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>      | Discoveries: |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>      | Discoveries: |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>  | Discoveries: |
| Piece: <span style="float: right;">BPM:</span><br><hr/> <br><hr/>  | Discoveries: |

|                            |
|----------------------------|
| <b>Practice Duration:</b>  |
| <b>Goals for Tomorrow:</b> |

You made it!

Take a minute to congratulate yourself, then go back to the beginning of your journal to see how far you have come!

It's truly amazing what you can accomplish one small goal at a time.

**BAND DIRECTOR'S**  
  
**SURVIVAL GUIDE**  
TEACH LIKE A MASTER

WEBSITE: [www.banddirectorssurvivalguide.com](http://www.banddirectorssurvivalguide.com)

 [facebook.com/banddirectorssurvivalguide/](https://facebook.com/banddirectorssurvivalguide/)

 [banddirectorssurvivalguide](https://banddirectorssurvivalguide)

 [Band Director's Survival Guide](https://Band Director's Survival Guide)