



The Complete Music Practice Record Book: A Six-Month Log and Journal for Dedicated Students

Larry Zafran

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A music student's record book by independent author and dedicated piano student Larry Zafran. This comprehensive six-month practice log and journal is targeted at highly dedicated music students of all levels and instruments, with an emphasis on those who are older and/or non-beginners. Each day's entry provides space to document practice efforts devoted to sight reading, scales, technical exercises, ear training, theory, and related topics in each category.

Each entry also includes space to track practice of pieces in progress and old repertoire, as well as performance rehearsal, meditation/breathing, and physical exercise. In each entry, the student can also record his/her moods, assessment of goal achievement, total focused practice time, and notes to discuss with his/her teacher. There is also space in which the student can account for little, no, or poor quality practice, and a space in which a parent or teacher can initial if applicable.

The book includes a weekly self-assessment form after every seven log entries, intended to be completed before or during each lesson. After every 28 daily entries there is a monthly self-assessment form which tracks progress with greater scope. The book concludes with a semi-annual self-assessment, including goals for the following six months. Additional log entry pages can be printed at no cost via the author's website.

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