



Practice Checklist

This reproducible rehearsal checklist will help you develop a regular, disciplined routine that will minimize your practice time and maximize your results. Make adjustments as necessary but remember that short daily practice is far more beneficial than a once-a-week marathon session!

Date: _____

Practice Beginning Time: _____

Practice Ending Time: _____

Goals:

It's important to have a plan, even if it's only to do breathing exercises for 15 minutes, or memorizing a single song. Whatever your goals, you should write them out clearly before you ever begin to practice.

- 1) _____
- 2) _____
- 3) _____

Physical and Mental Warm-Ups (10 minutes):

List specific stretching, breathing, and mind-focusing exercises you do during this session.

- 1) _____
- 2) _____
- 3) _____

Vocal Exercises (10 minutes):

List specific warm-ups for pitch, range extension, flexibility, tone, enunciation, dynamic control, and/or sight-singing exercises.

- 1) _____
- 2) _____
- 3) _____

Repertoire Work (20 minutes):

This is where you focus on a set, a song, or a portion of a song.

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____

Notes for your next practice session:

Make note of what worked or what didn't work as well as things left undone (as a place to start in your next practice session).

- 1) _____
- 2) _____
- 3) _____

Bonus:

Any "extra" musical activity you may have done during the day such as theory study, discovery of a new artist, website, or other.

- 1) _____
- 2) _____
- 3) _____