

Name_____

Homeroom_____

Instrument_____

Complete the Fun, Work, Good cycle in the space below. Take a few minutes and explain how this cycle works to a parent.

Remember that you should practice your instrument at least 5 days a week. (Every day if possible.) Identify when you plan to complete your instrument homework for the next few weeks and then try to stick to your plan. (As the weather changes, sports change, etc, realize that your practice plan may also change. That is why I recommend making a schedule and practicing at the same time each day. Before school is a great time. Or reward yourself... wait to play video games until band/orchestra practice is done.)

Monday:_____

Tuesday:_____

Wednesday:_____

Thursday:_____

Friday:_____

Saturday:_____

Sunday:_____