

PRACTICE LOG

JOHN BOB DOE
VIOLONCELLIST



JANUARY 2006
THRU
MARCH 2006

PRACTICE LOG

JOHN BOB DOE

VIOLONCELLIST



DAY AND TIME

WEEKLY GOALS

WEEK 1

JULY 20TH - JULY 29TH

GOALS

DESCRIPTION

DATE	START	END	TOTAL
JUL 20, 2006	2:57 PM	11:28 PM	3:30
JUL 20, 2006	2:57 PM	11:28 PM	3:30
JUL 20, 2006	2:57 PM	11:28 PM	3:30
JUL 20, 2006	2:57 PM	11:28 PM	3:30
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MUSICAL WORKS	S	M	T	W	T	F	S
• BEETHOVEN CELLO SONATA NO. 5 WORK FROM THE DEVELOPMENT SECTION UNTIL THE CADENZA.	√	√	√	√	√	√	√
• DVORAK CELLO CONCERTO WORK FROM THE DEVELOPMENT SECTION UNTIL THE CADENZA.	√	√	√	√	√	√	√
• DVORAK ETUDE NO. 13 WORK FROM THE DEVELOPMENT SECTION UNTIL THE CADENZA.	√	√	√	√	√	√	√
• POPPER ETUDE NO. 13 WORK FROM THE DEVELOPMENT SECTION UNTIL THE CADENZA.	√	√	√	√	√	√	√
TECHNIQUES	S	M	T	W	T	F	S
• SCALES & ARPEGGIOS A MAJOR & BB MINOR WORK FROM THE DEVELOPMENT SECTION UNTIL THE CADENZA.	√	√	√	√	√	√	√
• DOUBLE STOPS FIFTHS & OCTAVES WORK FROM THE DEVELOPMENT SECTION UNTIL THE CADENZA.	√	√	√	√	√	√	√
• BOWING STRING CROSSINGS WORK FROM THE DEVELOPMENT SECTION UNTIL THE CADENZA.	√	√	√	√	√	√	√
• BOWING STRING CROSSINGS WORK FROM THE DEVELOPMENT SECTION UNTIL THE CADENZA.	√	√	√	√	√	√	√
PERSONAL	S	M	T	W	T	F	S
• PRACTICE FOR AT LEAST THREE HOURS A DAY WORK FROM THE DEVELOPMENT SECTION UNTIL THE CADENZA.	√	√	√	√	√	√	√
• TAKE BREAKS EVERY 30 MINUTES TO STRETCH WORK FROM THE DEVELOPMENT SECTION UNTIL THE CADENZA.	√	√	√	√	√	√	√
• TAKE BREAKS EVERY 30 MINUTES TO STRETCH WORK FROM THE DEVELOPMENT SECTION UNTIL THE CADENZA.	√	√	√	√	√	√	√
• TAKE BREAKS EVERY 30 MINUTES TO STRETCH WORK FROM THE DEVELOPMENT SECTION UNTIL THE CADENZA.	√	√	√	√	√	√	√

TOTAL TIME FOR WEEK 1: 18:30 HOURS

PRACTICE LOG

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VIOLONCELLIST

DAY AND TIME

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TOTAL TIME FOR WEEK 1: 18:30 HOURS

PRACTICE LOG

SOUND JOURNAL

JOHN BOB DOE
VIOLONCELLIST

SUNDAY, JULY 23, 2006

BRAHMS

SYMPHONY NO. 3 FIRST MOVEMENT EXCERPT D-G

THIS IS THE FIRST RECORDING AFTER A FEW HOURS OF PRACTICE.

NOTES AFTER LISTENING:

GOALS THAT I ACCOMPLISHED

- MEASURES 33-35 NEED SPECIAL ATTENTION AS FAR AS INTONATION
- TEMPO FLUCTUATES TOO MUCH
- WORK ON FOCUSING THE SOUND

THINGS THAT NEED IMPROVEMENT

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PRACTICE LOG

LISTENING LOG

JOHN BOB DOE
VIOLONCELLIST

SUNDAY, JULY 23, 2006

BRAHMS

SYMPHONY NO. 3 FIRST MOVEMENT

ORCHESTRA: HAPPYVILLE SYMPHONY

CONDUCTOR: JOHN DOE

PERFORMERS: JANE DOE

LABEL: DOE RECORDS

NOTES AFTER LISTENING:

THINGS THAT I OBSERVED:

- VESTIBULUM VEL MASSA QUISQUE IMPERDIETLEO A ENIM PELLENTESSQUE SEM HASELLUS
- VESTIBULUM VEL MASSA QUISQUE IMPERDIETLEO A ENIM PELLENTESSQUE SEM HASELLUS
- VESTIBULUM VEL MASSA QUISQUE IMPERDIETLEO A ENIM PELLENTESSQUE SEM HASELLUS

THINGS THAT I CAN APPLY:

- VESTIBULUM VEL MASSA QUISQUE IMPERDIETLEO A ENIM PELLENTESSQUE SEM HASELLUS
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ORCHESTRA: HAPPYVILLE SYMPHONY

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PRACTICE LOG

JOHN BOB DOE
VIOLONCELLIST

WOODSHEDDING LOG

TUESDAY, AUGUST 8, 2006

EXCERPT:

BEETHOVEN
SYMPHONY NO. 6 MVT. 4
MEASURES 34-67

GOALS:

- INCREASE THE TEMPO FROM 60 BPS TO 90 BPS
- KEEP THE STYLE OF THE BOWING CONSISTENT
- DO NOT INCREASE THE TEMPO UNTIL THERE ARE 5 GOOD REPETITIONS

REPETITIONS		TEMPO
4	POOR	95 BPS
5	GOOD	
4	POOR	95 BPS
5	GOOD	
4	POOR	95 BPS
5	GOOD	
4	POOR	95 BPS
5	GOOD	
4	POOR	95 BPS
5	GOOD	
4	POOR	95 BPS
5	GOOD	
4	POOR	95 BPS
5	GOOD	

TOTAL TIME
20
MINUTES

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5	GOOD	
4	POOR	95 BPS
5	GOOD	
4	POOR	95 BPS
5	GOOD	
4	POOR	95 BPS
5	GOOD	

TOTAL TIME
20
MINUTES

PRACTICE LOG

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VIOLONCELLIST

REFLECTIONS ON PRACTICING

DAY AND TIME

ESET EIUSMOD TEMPOR INCIDUNT ET LABORE ET DOLORE MAGNA ALIQUAM. UT ENIM AD MINIM VENIAM, QUIS NOSTRUD EXERC. IRURE DOLOR IN REPREHEND INCIDIDUNT UT LABORE ET DOLORE MAGNA ALIQUA. UT ENIM AD MINIM VENIAM, QUIS NOSTRUD EXERCITATION ULLAMCO LABORIS NISI UT ALIQUIP EX EA COMMODO CONSEQUAT. DUIS AUTE IRURE DOLOR IN REPREHENDERIT IN VOLUP-TATE VELIT ESSE MOLESTAIE CILLUM. TIA NON OB EA SOLUAD INCOMMOD QUAE EGEN IUM IMPROB FUGIEND. OFFICIA DESERUNT MOLLIT ANIM ID EST LABORUM ET HARUMD DEREUD FACILIS EST ER EXPEDIT DISTINCT. NAM LIBER TE CONSCIENT TO FACTOR TUM POEN LEGUM ODIQUE CIVIUDA ET TAM. NEQUE PECUN MODUT EST NEQUE NONOR ET IMPER NED LIBIDIG MET, CONSECTETUR ADIPISCING ELIT, SED UT LABORE ET DOLORE MAGNA ALIQUAM IS NOSTRUD EXERCITATION ULLAM MMODO CONSEQUET.

PILOASO MAKO NUTO UF CAKSO DOTOS

CILLUM DOLORE EU FUGIAT NULLA PARIATUR. AT VVER EOS ET ACCUSAM DIGNISSUM QUI BLANDIT EST PRAESENT. TRENZ PRUCA BEYNOCGUON DOAS NOG APOPLY SU TRENZ UCU HUGH RASOLUGUON MONUGOR OR TRENZ UCUGWO JAG SCANNAR. WA HAVA LAASAD TRENZSA GWO PRODUCGS SU IDFOBRAID, YOP QUIEL GEG BA SOLALY RASPNOSUBLA ROF TRENZUR SALA ENT DUSGRUBUGUON. OF-FOCTIVO IMMORIATOLY, HAWRGASI PWICOS ASI SIRUCOR. THAS SIRUTCUN APPLIOS TYU THUSO ITOMS GHUSO PWICOS GOSI SIRUCOR IN MIXENT GOSI SIRUCOR IC MIXENT PLES CAK ONTISI SOWIOS UF ZERM HAWR RWIVOS. UNTE AF PHEN NEIGE PHEINGS ATOOT PREXS EIS PHAT EIT SAKEM EIT VORY GAST TE PLOK PEISH BA USEING PHEN ROXAS. ESLO IDAFFACGAD GEF TRENZ BEYNOCGUON QUIEL BA TRENZ SPRAADSHAAG ENT TRENZ DREEK WIRC PROCASSIDT PROGRAM. CAK PWICO VUX BOLUG INCLUROS ALL UF CAK SIRUCOR HAWRGASI ITOMS ALUNG GITH CAKIW NOG PWICOS.

PILOASO MAKO NUTO UF CAKSO DOTOS

KOOP A CUPY UF CAK VUX NOAW YERW PHUNO. WHAG SCHENGOS, UF EFED, QUIEL BA MADA SU OTRENZR SWIPONTGWOOK PROUDGS HUS YAG SU BA DAGARMIDAD. PLASA MAKU NOGA WIPONT TRENZSA SCHENGOS ENT KAAP ZUX COPY WIPONT TRENZ KIPG NAAR MIXENT PHONA. CAK PWICO SIRUCTIUN RUOS MUST APOPLY TYU CAK UCU SISULUTIUN MUNITYUW UW CAK UCU-TGU JOT SCANNOW. TRENS ROXAS EIS TI PLOKEING QUERT LOPPE EIS YOP PREXS. PIY OPHER HAWERS, EIT YAGGLES ORN TI SUMBLOAT ALOHE PLOK. SU HAVO LOASOR CAKSO TGU PWURUCTS TYU INFUBWAIN, GHU GILL NUG BO SULOLY SISPUNSIBLO FUW CAKIW SALO ANR RISTWIBUTIUN. HEI MUK NEME EIS LOPPE. TREAS EM WANKEING ONT SIME PLOKED PEISH ROF PHEN SUMBLOAT SYUG SI PHAT PHEY GAVET PEISH TA PAAT EIN PHEEIR SUMBLOATS. ASLU UNAFFOCTOR GEF CAK SIRUCTIUN GILL BO CAK SPIARSHOOT ANET CAK GURGANGLO GUR PWU-COSSING PWUTWAM. GHAT DODTOS, IG PANY, GILL BO MARO TYU UCAKW SUFTGASI PWURUCTS HOD YOT TYUBO ROTOWMINOR. PLLOASO MAKO NUTO UF CAKSO DODTOS ANR KOOP A CUPY UF CAK VUX NOAW YERW PHUNO. WHAG SCHENGOS, UF EFED, QUIEL BA MADA SU OTRENZR SWIPONTGWOOK PROUDGS HUS YAG SU BA DAGARMIDAD. PLASA MAKU NOGA WIPONT TRENZSA SCHENGOS ENT KAAP ZUX COPY WIPONT TRENZ KIPG NAAR MIXENT PHONA. CAK PWICO SIRUCTIUN RUOS MUST APOPLY TYU CAK UCU SISULUTIUN MUNITYUW UW CAK UCU-TGU JOT SCANNOW. TRENS ROXAS EIS TI PLOKEING QUERT LOPPE EIS YOP PREXS. PIY OPHER HAWERS, EIT YAGGLES ORN TI SUMBLOAT ALOHE PLOK. SU HAVO LOASOR CAKSO TGU PWURUCTS TYU.