

**THE ULTIMATE PRACTICE PROGRAM PLANNER**  
by Søren Ballegaard Saxophone lessons

Check the video: "How to set up a good practice routine - make a practice program", follow the steps in this planner

**SHORT TERM PRACTICE GOAL:**

(what do you want to achieve with your practice time on a short term basis)

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**SUB-GOALS**

Divide your practice goal into subgoals - what do you need to do, to reach your short term goal:

(You do not have to use all the sub goals in your practice routine - choose the ones you see fit)

**Sound:**

(fx: Getting my high notes more sharp, more equal sound over the whole saxophone)

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**Timing:**

(fx: Better my timing when playing swing 8th notes - practice with metronome)

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**Technique:**

(fx: Play the major scale of the II-V-I in C)

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**Improvising:**

(fx: Improvise over the Dm7 chord)

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**Melody**

(fx: Learn the melody of Blue Bossa and play this with good timing)

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**Theory:**

(fx: Learn the steps of the major scales in Fmajor)

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**Scales:**

(fx: check out the diatonic scales of Abmajor)

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**Chords**

(fx: Learn all the chord tones of the II-V-I in C)

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**Ear training:**

(fx: Recognize the major scale)

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**Have fun:**

What do I have to do to have fun

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**PRACTICE DAYS**

How many practice days do you give yourself to reach this goal?

(write the amount of practice sessions you have to reach your goal)

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**PRACTICE SESSION IN MINUTES AND HOURS**

How much practice time do you generally have per practice session

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(the practice time per session can differ much - this is just to get a clearer picture when you are setting goals.)

**CURRENT PRACTICE SESSION (PRINT OUT)**

**Time for current Practice session:**

**Date:** \_\_\_\_\_

\_\_\_\_\_  
(Put down the amount of minutes you have today to practice)

**Current practice session topics:**

(write down what topics you want to run through - set a time marker on how much time you have for each topic according to your practice time)

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You probably do not have time for every practice topic in every practice session, just make a realistic choice - what do you feel like, what is fun, what do you want to get better at today. If you did not make all your goals within the practice time or if you have more time when you are finished going through the practice topics - just correct the choices for next session.

**CURRENT PRACTICE SESSION**

**Time for current Practice session:**

**Date:** \_\_\_\_\_

\_\_\_\_\_  
(Put down the amount of minutes you have today to practice)

**Current practice session topics:**

(write down what topics you want to run through - set a time marker on how much time you have for each topic according to your practice time)

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**CURRENT PRACTICE SESSION**

**Time for current Practice session:**

**Date:** \_\_\_\_\_

\_\_\_\_\_  
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