Developing a Practice Schedule

Develop your own practice schedule! Your schedule must be thought out and written down. Follow your schedule precisely for one month. You can change your schedule only if you decide in advance to do it before your practice session. Re-write your schedule and then stick to the "new" schedule.

You may substitute items in a category, for example: a different type of scale exercise, a different key, a different sight-reading exercise, or a different new tune to memorize.

Studies show that a repeated daily activity becomes a habit after about 66 days (European Journal of Social Pyschology, 2009). Stick with your commitment to your new habit for three months just to be sure. You can replace any "bad" musical habit with a "good" musical habit if you commit to your schedule. By using a schedule, you will have an exponential increase in the productivity of you practice time! Why do you need these goals for your practice sessions?

Goals create satisfaction, give you a track to run on, outline measurements for your musical accomplishments, and bring the massive amounts of music you are faced with into perspective.

Here are some sample practice schedules. You may adapt any of these for your own use. You may change the time allocations and modify the schedule as you progress. These are all two-hour practice sessions. Yours can be longer or shorter, or you can divide your through several periods in the day.

Schedule #1

Long Tones / Intervals	15 min
Patterns & Licks	15 min
Learn New Tune	30 min
Transcribe Solo	30 min
Fast Tempo Practice	10 min
Sight-reading	10 min
Review Repertoire	20 min

Schedule #2

Long tones / Slow Scales	15 min
all major scales – Fast	30 min
Learn Bebop Tune	20 min
Learn Ballad	20 min
Learn Standard	20 min
Arpeggio Exercises	15 min