

Blanc Studio Practice Sheet

Time	Practice Component	Specific Goal	Improvement Needed	Improvement Seen	Video on app?
2 min	1. Warmup (Tnlztn, TwTh)	Deep tone	Heavier bow	Smoother bow-direction changes	<input type="radio"/> Y <input type="radio"/> N
5-10 min	2. Etude (Grissen, Wohlfahrt)	No wrong notes	Accidentals fixed	Rhythm steadier	<input type="radio"/> Y <input type="radio"/> N
10-15 min	3. Review (choose piece)	Memorized	Repeats get forgotten	Sections in correct order	<input type="radio"/> Y <input type="radio"/> N
20 min	4. Working piece (1-point lesson)	Preview spots	No hitches	Notes are correct	<input type="radio"/> Y <input type="radio"/> N
5 min	5. Warm down (favorite song)	Fun: so easy	Maintain comfort with these pieces	Can play with eyes closed	<input type="radio"/> Y <input type="radio"/> N
Total: 52 m	Reward (Sticker, treat, compliment)	Recognize effort	Be consistent	Self-esteem	<input type="radio"/> Y <input type="radio"/> N

Week of _____ Goal on App? _____

Day	Practice Components	Success	Challenge	Length of Practice	Video on app?
					<input type="radio"/> Y <input type="radio"/> N
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