

Goal: Learning the JVL standard of the month

Month:

Type in how much time you plan to practice each day.

Why do I want to achieve this goal?

Ex.: Build my repertoire

How do I stay on track? Who will hold me accountable?

Ex.: Share a video of my progress in the JVL community

What are 3 actionable steps I will take each week?

	Monday	Tuesday	Wed.	Thursday	Friday	Saturday	Sunday
Week 1							
Week 2							
Week 3							
Week 4							

	Week 1	Week 2	Week 3	Week 4
Actionable Step 1	Learn, sing and memorize the melody	Practice bass line in 4	Practice chords scales and improve level 3	Practice bebop vocabulary and improv level 4
Actionable Step 2	Practice bass line in 2	Practice the tetrads and improv level 2	Transcribe a phrase from a solo you like	Write ideas mixing all 4 levels
Actionable Step 3	Practice the triads and improv level 1	Play a phrase or a section in a different key	Review weeks 1 and 2	Revisit the prior 3 weeks

Week 1

This week goals:

- 1. Learn, sing and memorize the melody
- 2. Practice bass line in 2
- 3. Practice the triads and improv level 1
- 4.

Weekly practice report	Goal	M	T	W	Th	F	S	S	Total

Review your goals and assess your progress.

What did you learn or improve this week?

- 1.
- 2.
- 3.
- 4.

Monday	Tuesday	Wednesday
Thursday	Friday	Saturday/Sunday

Week 2

This week goals:

- 1. Practice bass line in 4
- 2. Practice the tetrads and improv level 2
- 3. Play a phrase or a section in a different key
- 4.

Weekly practice report	Goal	M	T	W	Th	F	S	S	Total

Review your goals and assess your progress.

What did you learn or improve this week?

- 1.
- 2.
- 3.
- 4.

Monday	Tuesday	Wednesday
Thursday	Friday	Saturday/Sunday

Week 3

This week goals:

- 1. Practice chords scales and improve level 3
- 2. Transcribe a phrase from a solo you like
- 3. Review weeks 1 and 2
- 4.

Weekly practice report	Goal	M	T	W	Th	F	S	S	Total

Review your goals and assess your progress.

What did you learn or improve this week?

- 1.
- 2.
- 3.
- 4.

Monday	Tuesday	Wednesday
Thursday	Friday	Saturday/Sunday

Week 4

This week goals:

- 1. Practice bebop vocabulary and improv level 4
- 2. Write ideas mixing all 4 levels
- 3. Revisit the prior 3 weeks
- 4.

Weekly practice report	Goal	M	T	W	Th	F	S	S	Total

Review your goals and assess your progress.

What did you learn or improve this week?

- 1.
- 2.
- 3.
- 4.

Monday	Tuesday	Wednesday
Thursday	Friday	Saturday/Sunday