

Uses & Benefits of the Quarterly Practice Tracker

1. **Goal** – The Tracker helps you stick to a realistic practice schedule for each week. Pick a goal that is not so easy that achieving it is meaningless, nor too high that it's a struggle to hit most of the time. Also, allow for plenty of 'fun' time on your instrument, where you're not practicing anything from the lessons, but do not include those times on the sheet.
2. **Focus** – The Tracker helps focus on what is to be practiced each week. There can be a lot of content in some lessons, and hardly any in others. This keeps you on track of what to focus on.
3. **Balance** – The Tracker helps balance out your weekly routine. It is normal to not be in the mood to practice certain areas. As long as your practice routine is balanced in the areas you're working on for the week, even if not for that particular day, you're fine.
4. **Measure** – The Tracker gives the ability to measure progress each quarter and beyond. Not only can you see how much progress you make in only 13 weeks, you can easily look back 6 months, a year, 5 years etc. and see marked progress based on the nature what you were working on in previous months/ years.
5. **Evaluate** – The Tracker allows you to evaluate how you did in each area over a 90-day period, which then allows you to make more realistic goals in the next quarter.