Practice Sheet

List the material you plan to practice in each of the five zones.

**New material**
- Divide into sections
- Establish interpretive/technical plan
- Slow tempo

**Developing material**
- Refine interpretation
- Increase tempo
- Memorize

**Performance material**
- Practice performing
- Maintain memory
- Renew and innovate

**Technique**
- Scales
- Arpeggios
- Voice/instrument-specific work

**Musicianship**
- Sight-reading
- Theory/ear training
- Composition/improvisation
- Listening/study