

Practicing Plan Diary

Instructions Erja Joukamo-Ampuja

Based on article "Planning the Practicing"

- **You can plan your four weeks practicing diary and keep on track of your feelings**
Remember to
 - Alternate light and heavy days (scale 0-5)
 - Three weeks (or two) of an "uphill" followed by a recovery week
- **You can put your repertoire into the plan**
 - Physically easier repertoire more to the beginning and heavier repertoire towards the heavy week. (If you don't want to do that, then only vary the practicing time)
- **You can plan, when to "learn" the music and when to start "mastering the skills and practicing to perform it"**
- **Give feedback to yourself**
 - You can comment after each day, how did you feel. Draw ☺ or :-| or ☹ and a reason why you felt like that
 - You can mark up your concentration level with a scale of 1-10

Practicing Plan EXAMPLE

Erja Joukamo-Ampuja

	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
5										X				X							
4					X					X	X	X	X								
3	X		X		X	X		X	X	X		X	X	X					X		
2	X	X	X	X	X	X		X	X	X	X	X	X	X		X			X	X	X
1	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

Week 1

Learning **Mozart**

Details, Variation,
Motorical learning

Week 2

Learning **Mozart**

Frasing, style,
Character, Playing
through and
working with
details

Week 3

Learning **Schumann**

Details, Variation etc.

Mastering **Mozart**

Practicing for
performing:
imagination,
creativity, flow

Week 4: **Recovery**

Mozart& Schumann:

Memorizing
Details
Breaks
More mental training
Imagery
Creativity
Flow

YOUR Practicing Plan Diary

Download and Print this! Erja Joukamo-Ampuja

	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S
5																					
4																					
3																					
2																					
1																					

Week

Week

Week

Week