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| --- | --- | --- | --- |
| **IDENTIFY an** **Area of study** | **DECIDE: What musical goal were you working on?**  | **ANALYZE: Were you successful?** | **What will you do in the future with this activity to improve even more?**  |
| Warm-up:  |  |  |  |
| **Spot 1** Title:Measures:  | * Fingerings/Intonation
* Rhythm
* Tempo
* Tone (from bow)
* Bowings/Articulation
* Dynamics/Phrasing
* Posture (Left hand/Inst)
* Posture (Bow hold)
 | * Yes, I have mastered this concept
* I’m improving but this still needs work
* No, I need to try something else, or get help on this spot
 |  |
| **Spot 2**Title: Measures:  | * Fingerings/Intonation
* Rhythm
* Tempo
* Tone (from bow)
* Bowings/Articulation
* Dynamics/Phrasing
* Posture (Left hand/Inst)
* Posture (Bow hold)
 | * Yes, I have mastered this concept
* I’m improving but this still needs work
* No, I need to try something else, or get help on this spot
 |  |
| **Spot 3**Title: Measures:  | * Fingerings/Intonation
* Rhythm
* Tempo
* Tone (from bow)
* Bowings/Articulation
* Dynamics/Phrasing
* Posture (Left hand/Inst)
* Posture (Bow hold)
 | * Yes, I have mastered this concept
* I’m improving but this still needs work
* No, I need to try something else, or get help on this spot
 |  |
| Total Time Spent Practicing today:  | Other Things I worked on and/or thoughts, questions, comments... (optional):  |