

# DEER LAKES MS BAND PRACTICE LOG

**NOVEMBER**

**STRIVE FOR PROGRESS THEN PERFECTION**

DATE	DAY	MINUTES	GOAL / COMMENTS	PARENT SIGNATURE
3	S		<i>Start off the new month with a solid 90 minutes!</i>	
4	M			
5	T			
6	W			
7	H			
8	F			
9	S			

**WEEKLY TOTAL**

10	S		<i>Continue the new month with another strong 90 minutes of work!</i>	
11	M			
12	T			
13	W			
14	H			
15	F			
16	S			

**WEEKLY TOTAL**

17	S		<i>It's starting to cool off quite a bit outside, getting dark early...up the</i>	
18	M		<i>practice time to 100 minutes and see how you improve!</i>	
19	T			
20	W			
21	H			
22	F			
23	S			

**WEEKLY TOTAL**

24	S		<i>It's the holiday week and we're all getting ready for some turkey, but that</i>	
25	M		<i>doesn't mean we should skip the practice time. Back it down to 90</i>	
26	T		<i>minutes the week and make some room for pumpkin pie!</i>	
27	W			
28	H			
27	F			
28	S			

**WEEKLY TOTAL**

29	S		<i>Short week...20 minutes! We'll pick it back up in December!</i>	
30	M			

**MONTHLY TOTAL**