STAVE & PAGE

PRACTICE JOURNAL

free sample · one week to try

NAME _____

INSTRUMENT _____

YEAR _____

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The monthly page

Each month opens with an overview. There are no printed dates, so you can begin any month of any year.

I Tap the month tab

The tabs down the right edge take you to each month. Start with the month you are in; there is no need to begin in January.

II Write in your dates

Columns run Monday to Sunday and each row is one week. Write the date in the corner of each square. Six rows means every month fits, however it falls.

III Colour in a note

Each day you practice, colour in that day's quarter note. By the end of the month you can see your practice at a glance.

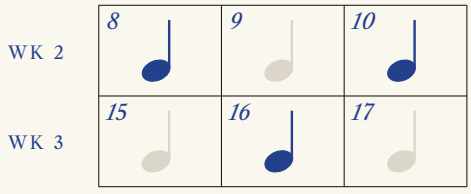
IV Tap to jump

Tap any square to open that day's page, or tap WK at the start of a row to open the week. Unused weeks can simply be left blank.

V Goals and repertoire

Set a few goals for the month and list the pieces you are working on, with their status and tempo now and at the goal.

IN THE CALENDAR



Dates written in the corner, in your own hand.

Coloured-in notes are days you practiced; grey ones are still to come.

Each square opens its own day page.

The weekly page

Each week begins with a planning page, followed by a page for each day.

I **Write the week's dates**

Fill in the first and last date of the week at the top.

II **Jump to a day**

The Mon to Sun buttons open each day of this week.

III **Make a to-do list**

Pull five to eight specific tasks from your monthly goals and repertoire: "HS bars 1–16 at 60", "memorise the transition". Tick them off as you go.

IV **Move between weeks**

Use the arrows at the top right for the previous and next week, or MONTH to return to the overview.

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The daily page

One full page for each practice session. Write as much or as little as you need.

I Write the date

The weekday is printed; the date is yours to fill in.

II Log your practice

Pieces worked on, tempos, the methods you used and what you noticed. Method codes make this quick: “SP bars 9–12 at 60”.

III Reflect

A few lines at the end: how it went, what helped, what to do next time. Your reflection is the best starting point for tomorrow.

IV Rate the session

Colour in one to five notes. Over a month, the ratings show you what kind of practice works best for you.

SESSION RATING



a good session: four notes coloured in

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Finding your way

Everything in the journal is a tap away.

I Right edge

The twelve month tabs. The highlighted tab shows the month you are in.

II Left edge

Home returns to the cover. ANNUAL is your vision for the year, REPERTOIRE your full list of pieces, CODES the method code glossary, NOTES the manuscript pages. The ? at the bottom brings you back to this guide.

III At the top of each page

Arrows to the previous and next day or week, and a link back up to the week or month.

IV Getting the most from it

Revisit your annual vision each month. Update repertoire status as pieces move from learning to performance-ready. Use the manuscript pages for exercises, fingerings or anything you need to write out.

METHOD CODES SP HS HT CH MS *shorthand for your notes*

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METHOD CODES

SP	**Slow Practice** *Work at 50–70% tempo for accuracy and control.*	BW	**Backwards Work** *Learn sections in reverse order.*
HT	**Hands Together** *Both hands combined after solid HS work.*	VN	**Voicing / Tone** *Balance melody against the other layers.*
HS	**Hands Separate** *Isolate each hand to fix individual issues.*	PD	**Pedal Work** *Focus on pedalling technique.*
RP	**Rhythm Practice** *Use dotted rhythms to even out passages.*	AS	**Agogic Stress** *Lean on structural notes for shape.*
TP	**Tempo Progression** *Raise the metronome in small steps.*	CT	**Contrary Motion** *Practice scales in opposite directions.*
RH	**Right Hand** *Focus on RH melody, phrasing or fingering.*	FI	**Fingering** *Slow runs to set the right fingers.*
LH	**Left Hand** *Focus on LH accompaniment, bass or voicing.*	RX	**Relaxation** *Check arm, wrist and hand tension.*
MP	**Mental Practice** *Study the score away from the instrument.*	BC	**Bar Count** *Count bars aloud to hold the structure.*
MS	**Memory Spot** *Drill problem bars until fully memorised.*	BR	**Break** *Planned rest for body and mind.*
SI	**Sight Reading** *Read unfamiliar music without stopping.*	IN	**Intonation** *Focus on pitch accuracy.*
CH	**Chord Blocking** *Play arpeggios as block chords.*	DY	**Dynamics** *Exaggerate dynamic contrasts.*

MY OWN CODES

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THIS MONTH

Year _____

	M	T	W	T	F	S	S
WK 1							
WK 2							
WK 3							
WK 4							
WK 5							
WK 6							

Write the date in the corner · colour in the note for each day you practice · tap a square to open that day

GOALS THIS MONTH

REPERTOIRE THIS MONTH

Piece	*Status*	*Tempo now*	*Goal*

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Week 1

Dates _____ *to* _____

DAYS

Mon	Tue	Wed	Thu	Fri	Sat	Sun

TO DO THIS WEEK

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Monday

Date _____

Pieces worked on · tempos · methods · what you noticed

REFLECTION

how did it go · what helped · what's next

SESSION

1 2 3 4 5

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Tuesday

Date _____

Pieces worked on · tempos · methods · what you noticed

REFLECTION

how did it go · what helped · what's next

SESSION ○ ○ ○ ○ ○
1 2 3 4 5

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Wednesday

Date _____

Pieces worked on · tempos · methods · what you noticed

REFLECTION

how did it go · what helped · what's next

SESSION ○ ○ ○ ○ ○
1 2 3 4 5

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Thursday

Date _____

Pieces worked on · tempos · methods · what you noticed

REFLECTION

how did it go · what helped · what's next

SESSION

1 2 3 4 5

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Friday

Date _____

Pieces worked on · tempos · methods · what you noticed

REFLECTION

how did it go · what helped · what's next

SESSION

1 2 3 4 5

Saturday

Date _____

Pieces worked on · tempos · methods · what you noticed

REFLECTION

how did it go · what helped · what's next

SESSION ○ ○ ○ ○ ○
1 2 3 4 5

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Sunday

Date _____

Pieces worked on · tempos · methods · what you noticed

REFLECTION

how did it go · what helped · what's next

SESSION

1 2 3 4 5

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THE FULL JOURNAL

This page is in the full Stave & Page Practice Journal. Your sample has one month and one week to try.

I **Twelve months**
Every month has its own overview, six weekly plans and a page for every day: 504 day pages in all, so the journal lasts a full year.

II **Annual vision**
Set your goals for the year and come back to them each month.

III **Repertoire**
Two pages to follow every piece from learning to performance-ready.

IV **Manuscript paper**
Ten pages for exercises, fingerings and anything you need to write out.

V **Four colours**
Blue, deep green, burgundy or plum. 607 hyperlinked pages, undated.

Keep going in the full journal

STAVEANDPAGE.COM

Instant download · GoodNotes, Notability and PDF Expert

Pick up where this sample ends: start the full journal next week.