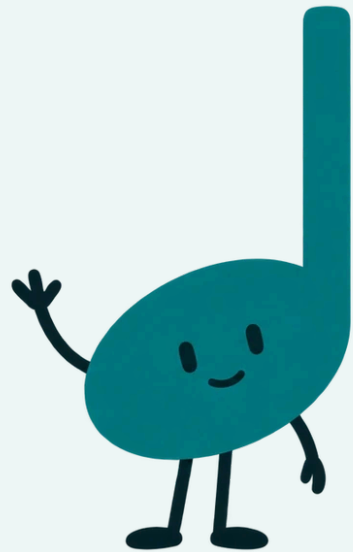


Make practice **visible.**

Celebrate the habit, not the talent. Practice trackers, badges and a 30-day Milestone Badge Ladder to help students build a little-and-often routine between lessons.

Inside this bundle

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Teacher's quick-start guide

Young musicians stick with practice when they can see it. A tick on a chart, a badge on the fridge and a clear next step make an abstract habit feel real and achievable.

1

Download and print

Print the tracker, ladder and badges, or send the PDF home for families to print.

2

Set the plan

Fill in the My Practice Plan card with three to five tasks and agree a daily practice time with the student.

3

Track and celebrate

Students tick off each session, and you award badges in lessons as each level is reached.

Suggested daily practice times

Ages 5 to 7	5 to 10 minutes
Ages 8 to 10	10 to 15 minutes
Ages 11 and over	15 to 25 minutes

These are starting points. Adjust them for each student, their instrument and their stage.

Running the 30-day ladder

- A **practice day** is one focused session of at least the agreed time, following the plan card.
- Each level has one **Rest Day pass**. Students write "R" for a day off. It protects progress but doesn't count as a practice day.
- If a level isn't met, the student simply carries on and can catch up in the next range.
Nobody fails the ladder.

Teacher's note: the day ranges are a guide. For younger students, or those practising on fewer days each week, adjust the "practice days needed" so the target stays achievable but meaningful.

My Weekly Practice Tracker

Name _____ Instrument _____ Week starting _____

My daily practice time _____ minutes My weekly goal _____ days

	Minutes	Plan tasks done (tick each one)	Rest Day? Write R
Mon		☐ ☐ ☐ ☐ ☐	
Tue		☐ ☐ ☐ ☐ ☐	
Wed		☐ ☐ ☐ ☐ ☐	
Thu		☐ ☐ ☐ ☐ ☐	
Fri		☐ ☐ ☐ ☐ ☐	
Sat		☐ ☐ ☐ ☐ ☐	
Sun		☐ ☐ ☐ ☐ ☐	

My best moment this week

The 30-Day Milestone Badge Ladder

Every badge is earned by showing up and practising thoughtfully. Every student can earn every badge.



Starter: Case Open

Days 1 to 3 • At least 2 of 3 days

- Set up my tracker and plan card with my teacher
- Tick every session
- Practise for my agreed time

"I opened the case!"



Bronze: Finding My Rhythm

Days 4 to 10 • At least 4 of 7 days

- Start every session with my warm-up
- Follow my plan in order
- Write or draw one thing that went well each week

"I'm finding my rhythm."



Silver: Steady Practiser

Days 11 to 20 • At least 7 of 10 days

- Practise every task on my plan at least once
- Practise one tricky bit slowly on at least 3 days, using my Tricky Bit tracker
- Fill in a reflection slip after at least 3 sessions

"I practise a little, often."



Gold: Milestone Musician

Days 21 to 30 • At least 7 of 10 days, and 20 practice days across all 30

- Play my piece for someone at home, or make a short recording to share in my lesson
- Bring my finished tracker to my lesson
- Agree a new goal with my teacher

"I made practice a habit."

Rest Day pass: one at every level. Write "R" on your tracker for a day off through illness, a family event or a busy day. **Nobody fails the ladder.**

Badge cut-outs

Print on card or sticker paper and cut along the dotted line.



My Practice Plan

Practise these tasks in this order. Your teacher fills this in with you.

Name _____

Date _____



Warm-up:

_____ min

1

_____ min

2

_____ min

3

_____ min

4

_____ min

5

_____ min

My daily practice time

_____ minutes

My goal for this plan

Tip: cut this card out and keep it in your music case or on your music stand.

Tricky Bit tracker

Choose one tricky bar or passage. Play it slowly and correctly, then nudge the speed up a little at a time.

Piece _____

Bar(s) or passage _____

	Date	Tempo or speed	Times played correctly (colour one each time)	How did it feel?
Day 1			○ ○ ○ ○ ○	
Day 2			○ ○ ○ ○ ○	
Day 3			○ ○ ○ ○ ○	
Day 4			○ ○ ○ ○ ○	
Day 5			○ ○ ○ ○ ○	
Day 6			○ ○ ○ ○ ○	
Day 7			○ ○ ○ ○ ○	
Day 8			○ ○ ○ ○ ○	

Slow is smooth. If it goes wrong twice in a row, slow down a notch. Speed comes once the notes feel easy.

Practice reflection slips

Practice reflection

Date _____

What went well?

What was tricky?

What will I try next time?

Practice reflection

Date _____

What went well?

What was tricky?

What will I try next time?

Practice reflection

Date _____

What went well?

What was tricky?

What will I try next time?

Practice reflection

Date _____

What went well?

What was tricky?

What will I try next time?

Helping with practice at home

A guide for parents and carers. No musical knowledge needed.

What helps

- **Pick a regular time.** Practice sticks when it has a home in the day, such as after a snack or before tea.
- **Keep it short.** A little and often beats one long session at the weekend.
- **Follow the plan card.** Your child's tasks are listed in order, so you don't need to know what to practise.
- **Notice the effort.** "I can hear you've been working on that" means more than "that was perfect".

Questions to ask

- What are you working on this week?
- Can you play me the bit you're proudest of?
- Which part is tricky? Shall we try it slowly?
- What will you tell your teacher next lesson?

About the badges

Badges reward showing up, not being the best. Each level has a Rest Day pass, so a busy or poorly day is fine. Just write "R" on the tracker.

When it's hard to get started

Try "just five minutes". Most children carry on once the case is open. If practice becomes a battle, have a quiet word with the teacher.

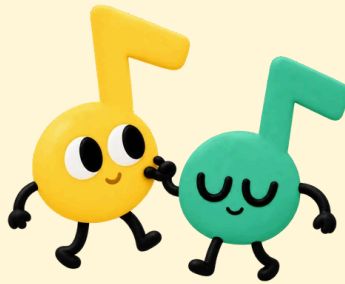
Remember: you don't have to judge the playing. Your interest is the most powerful thing you can give.

My 10-week term overview

Colour in the star column each week you meet your weekly goal.

Name _____ Term _____ Weekly goal _____ days

	Days practised	Goal met? Colour the star	Badge earned	Teacher's initials
Week 1		☆		
Week 2		☆		
Week 3		☆		
Week 4		☆		
Week 5		☆		
Week 6		☆		
Week 7		☆		
Week 8		☆		
Week 9		☆		
Week 10		☆		



GOLD MILESTONE CERTIFICATE

Milestone Musician

This certificate is proudly awarded to

for completing the 30-Day Milestone Badge Ladder and making practice a habit.

"I made practice a habit."

Teacher _____

Date _____



Love the tracker but tired of lost sheets?

Paper trackers get crumpled in bags, forgotten on the bus and left on the piano. Pracsy takes the same routine online.

You share a weekly practice plan, students log their practice with a built-in timer and can add short recordings, and you send feedback before the next lesson. Students earn points, badges and Sparks for consistent practice, and approved parents can follow along with the plan and progress on their own phone, with nothing to print.

Start free with up to 3 students at pracsy.co

Students and parents always join free. The bundle works on its own, so you never need Pracsy to use it.

Questions or ideas? We'd love to hear from you at hello@pracsy.co
With love from The Pracsy Team

pracsy