

Name:

Date:

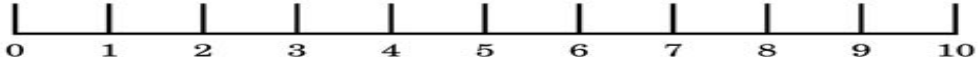
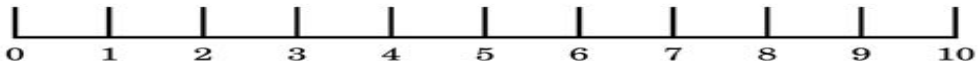
Length of practice session:

Diary (Week 1)

Before practicing, this is my:

Not at all

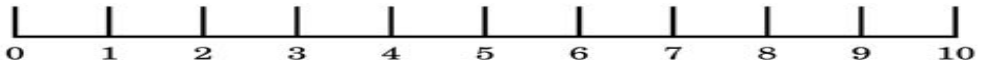
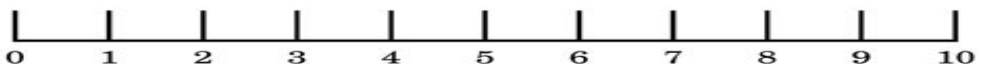
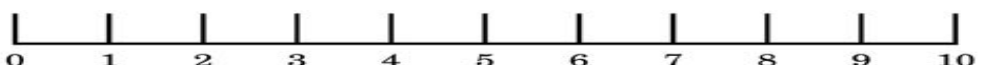
Extremely

Motivation Level	
Energy Level	

During my practice, this was my/I felt that:

Not at all

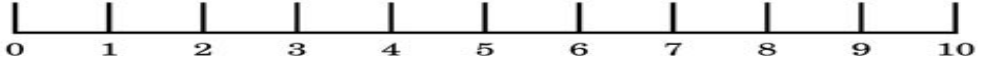

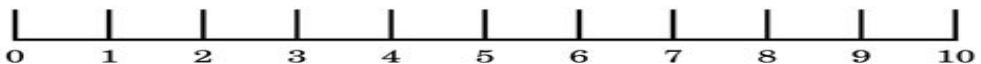
Extremely

Enjoyment Level					
Frustration Level					
Engagement Level					
I found myself distracted during practice	Not at all	Sometimes	Neutral	Most of the time	All the time

After practicing, this is how I feel in relation to today's session:

Not at all

Extremely

Energy Level	
Satisfaction Level	
I look forward to my next practice session	

Piece(s) practiced: _____

Observations during practice: _____
