

BLANCHARD BAND ACHIEVEMENT CHART

Structure your achievement plan. Be specific. You're on the road to success!!

WEEK / / to / /

GOALS

EMBOUCHURE WORK & WARM UP

DAYS:

ACTIVITY	SETS / REPS	AMOUNT OF TIME	NOTES

EXERCISES TO ACHIEVE GOALS

DAYS:

EXERCISES	SETS / REPS	AMOUNT OF TIME	HOW DOES THIS RELATE TO MY GOAL?

SHOW MUSIC & STAND TUNES

DAYS:

PIECE	SPECIFIC MEASURES	AMOUNT OF TIME	STRATEGIES USED

JUST FOR FUN!

DAYS:

ACTIVITY	TIME / DIST	AMOUNT OF TIME	NOTES

REFLECTION

DAYS: