

**DRUMMER'S PRACTICE &  
ASSIGNMENT NOTEBOOK  
SAMPLE SHEETS**

**GET THE FULL 52 WEEK PRINT VERSION AT:**

**[TACTICALDRUMMING.COM](http://TACTICALDRUMMING.COM)**

**TACTICAL  
DRUMMING**

Week's Goal: \_\_\_\_\_ Date: \_\_\_\_\_

HANDS (CHOPS):

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FEET (INDEPENDENCE):

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GROOVE NO. 1:

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GROOVE NO. 2:

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FILLS:

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LISTENING

WHAT DID I ROCK THIS WEEK?

WHEN WILL I PRACTICE? (Attach It To A Habit):

Practice Time Objective (Minutes Per Day): \_\_\_\_\_

PRACTICE LOG

SUN	MON	TUE	WED	THU	FRI	SAT
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WHAT DO I NEED HELP WITH?

JOURNAL (Thoughts About Drumming):