



Practice Meals

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French Horn

Breakfast

- Essential nutrients
- Warm up physically and mentally
- Fundamentals: scales and arpeggios

Lunch

- More substance
- Etudes and methods
- Exercises for technique

Dinner

- Solos
- Larger musical works for band or orchestra

Dessert

- Play something enjoyable!
- End your day on a high note

Remember: Even just 30 minutes for a practice session can add up when done frequently!