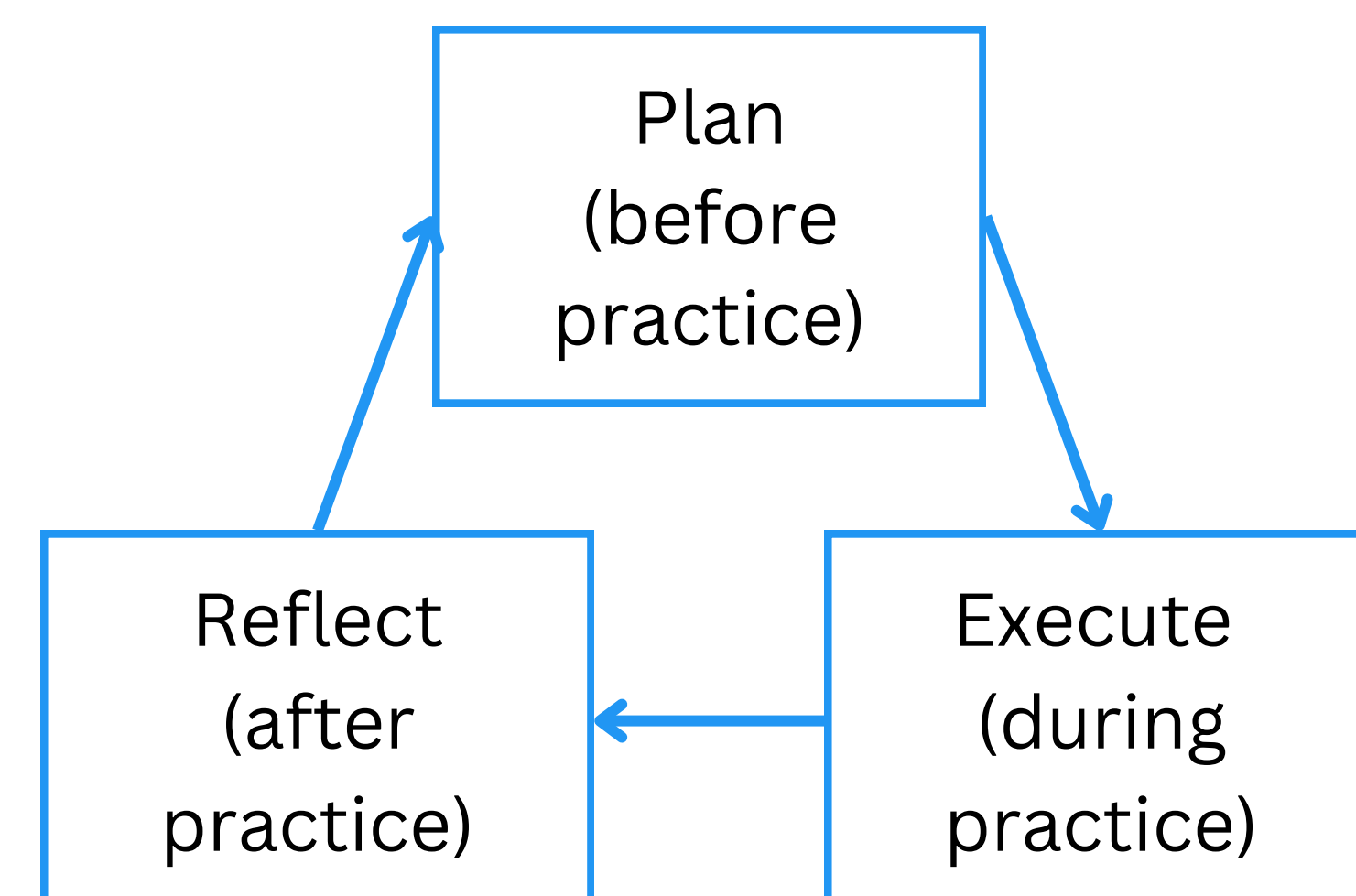


# PracLog: A free, open-source mobile application to track musicians' practice sessions

Akiho Suzuki, Centre for Music Performance Research, Royal Northern College of Music, UK

## Background

- Effective practice involves self-regulation in a cyclical process of planning, execution, and reflection (Zimmerman, 2000; McPherson, 2022)



- Measuring this process is challenging since it is task- and situation-specific (Cleary et al. 2012)

### Questionnaire



- Can be administered on a large scale
- Completed out of context (limited validity)

### Microanalysis/observation



- Ecologically valid and provides rich data
- Resource-intensive so cannot be administered on a large scale

### Mobile app

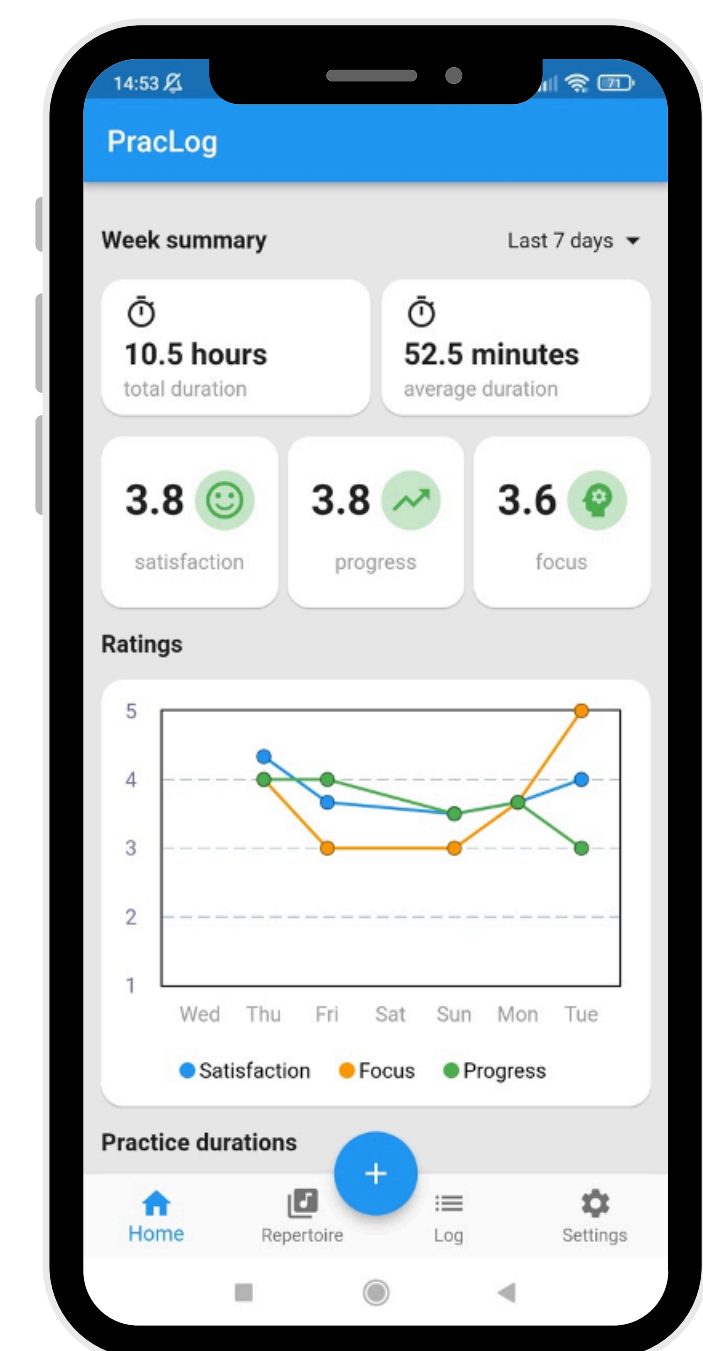


- Could provide a good alternative
- Ecologically valid
- But also scalable

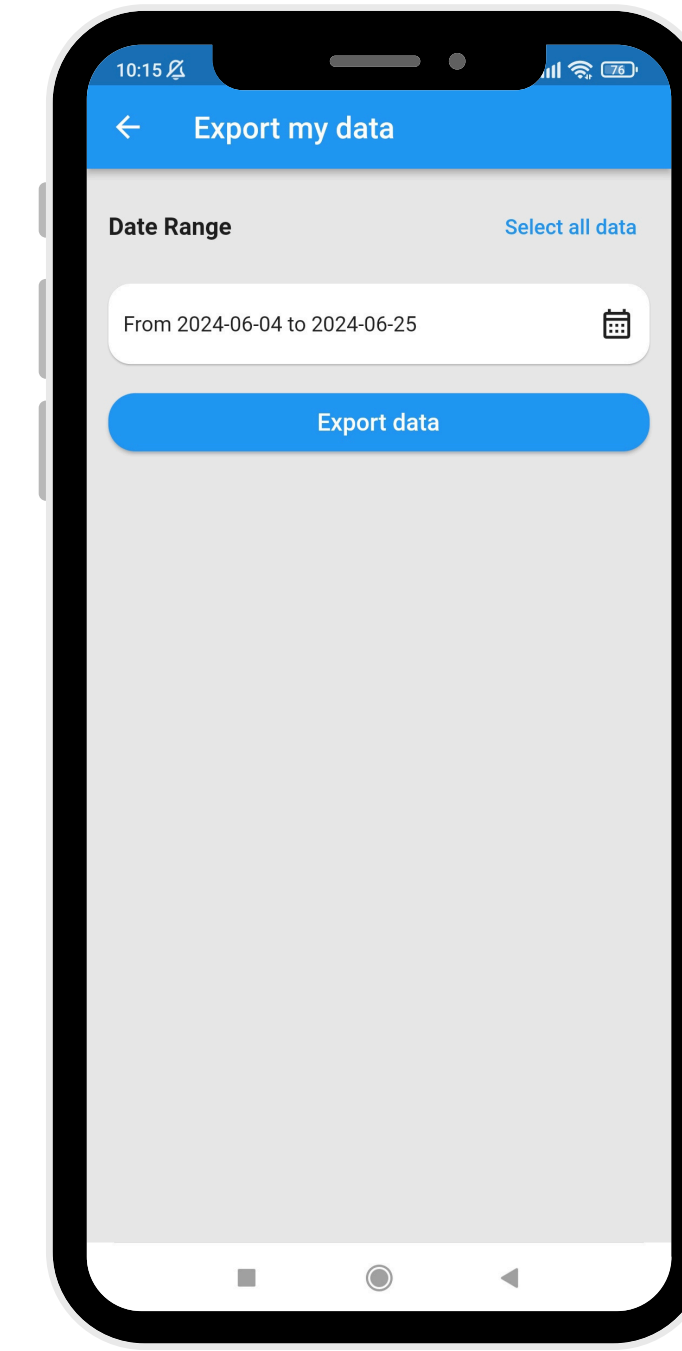
## Aim

To develop a **free, open-source app** that allows researchers to collect data about musicians' practice sessions in a **naturalistic way** with **minimal participant burden**.

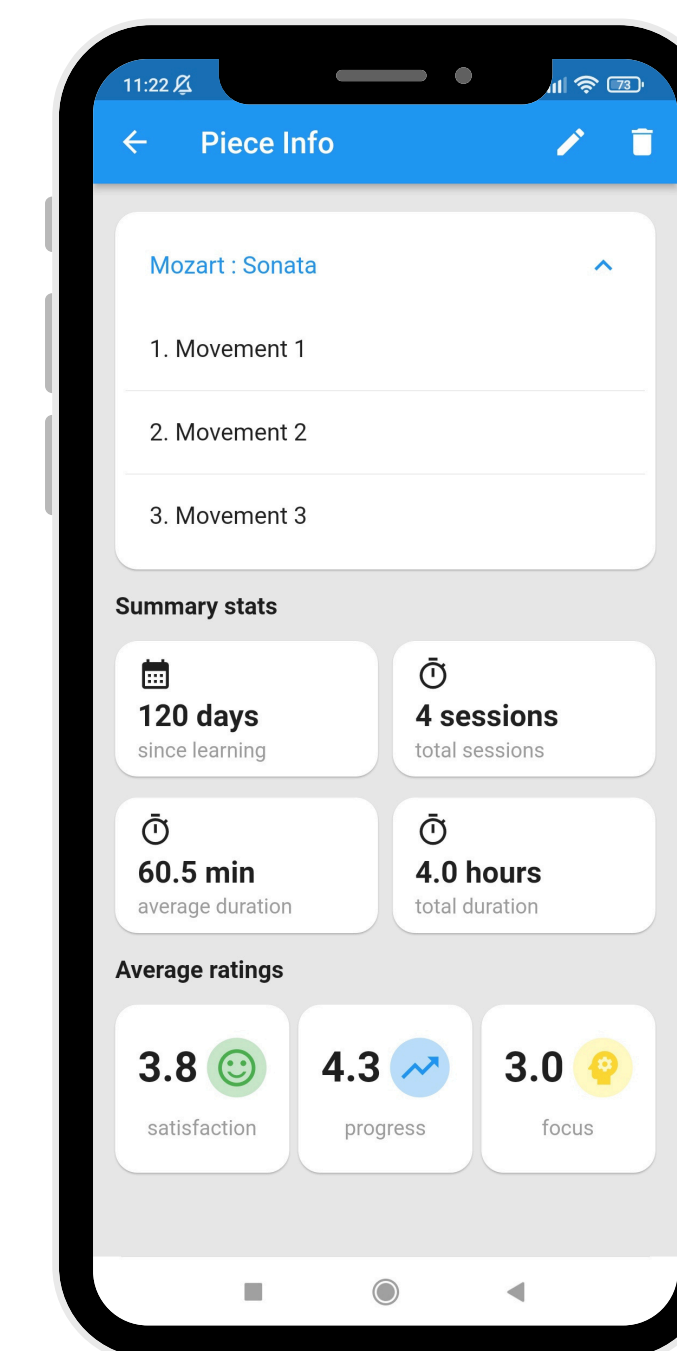
## PracLog: Features



User sees stats and graphs for the week on the home page

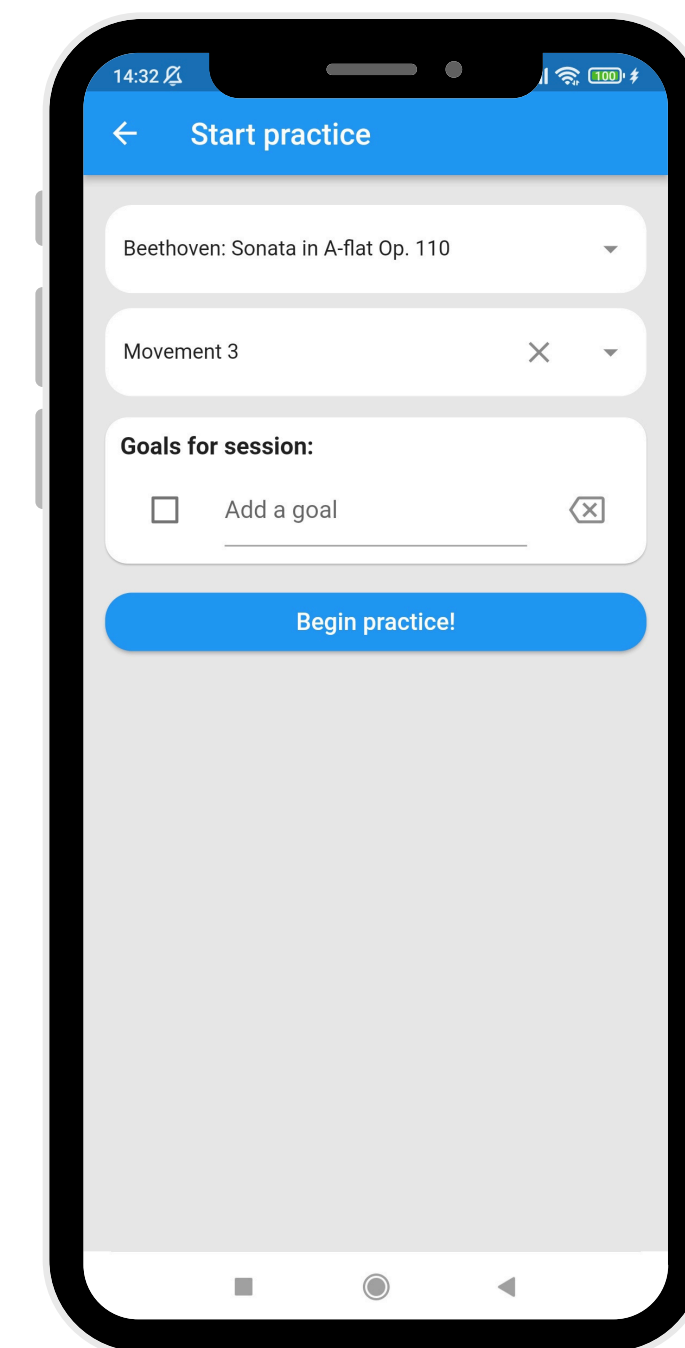


User can export their data for specified dates

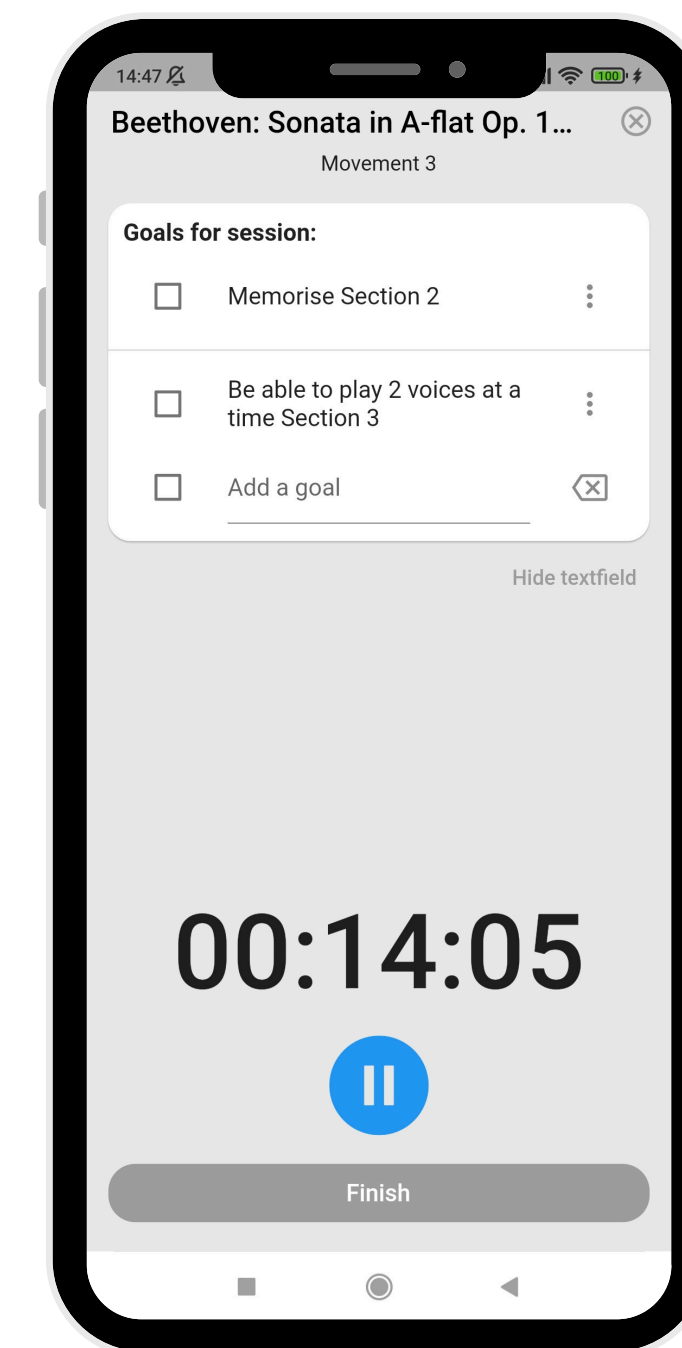


User can see stats for each piece in their repertoire

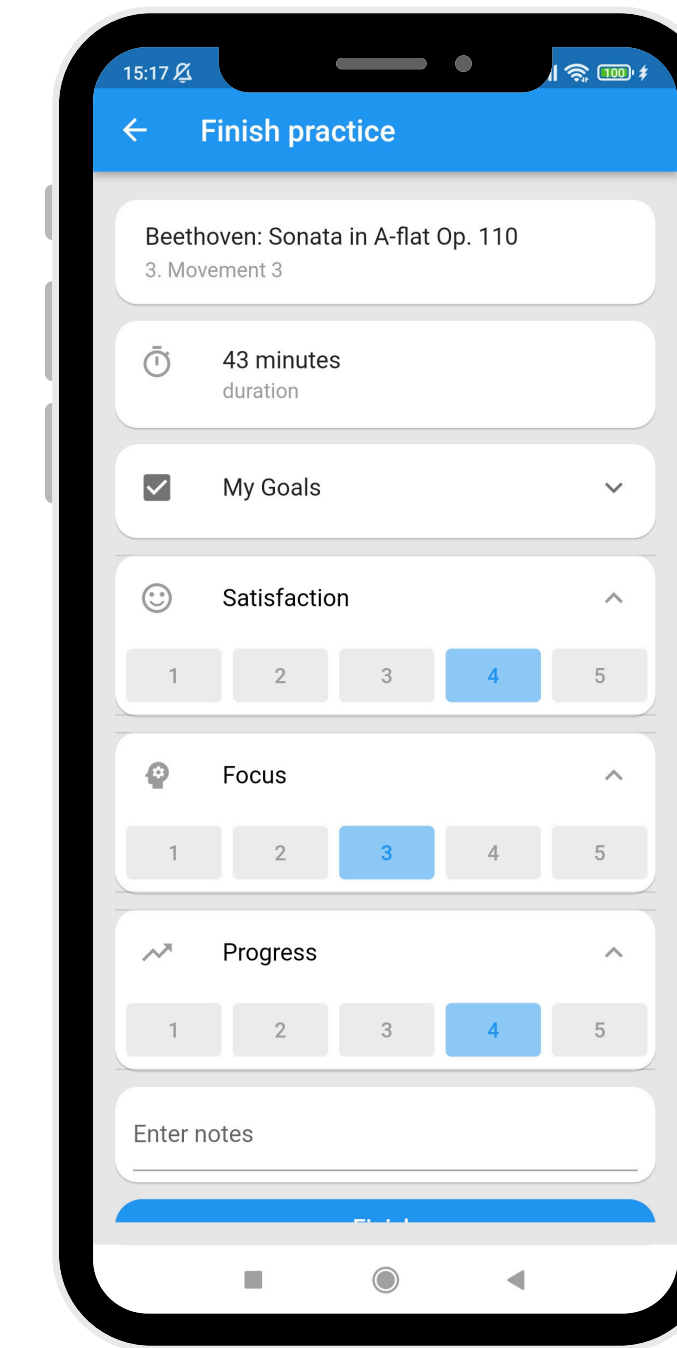
## Logging a practice session



User chooses piece and sets goals before starting the session



A timer keeps track of practice duration. User can tick off goals as they practise



User rates their satisfaction, sense of progress, and focus after the session

## Main contribution

- PracLog is a free and open-source app available on iOS and Android
- Loosely based on Zimmerman's (2000) three-phase cyclical model of self-regulated learning
- Data collected: piece, goals, duration, and ratings of satisfaction, progress, and focus on 5-point rating scales
- Created using Flutter and Isar
- Future direction: Pilot the app on musicians, explore its use as an intervention tool

## Key features



All data stored locally on the device (mitigating privacy issues)



Export function: Users can easily export their data and share with researchers



A python package to make data processing & analysis very easy (coming soon!)



Can be used as intervention component, data collection tool, or both (Araka et al., 2020; Panadero et al., 2016)

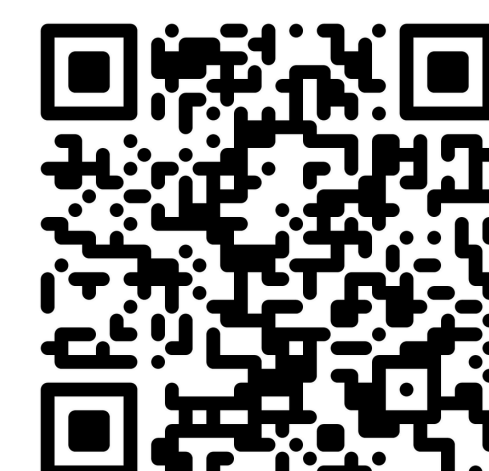


Open-source code: Customise as required

## References

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Check out  
the source  
code



<https://github.com/akiho-suzuki/PracLog>

Check out  
the app

