

DAILY PRACTICE ROUTINE

START DATE: __ / __ / 20__

| | | | WEEK 1 | | | | | WEEK 2 | | | | | WEEK 3 | | | | | WEEK 4 | | | | | WEEK 5 | | | | |
|-----------|----------------------|----------------------|--------|-------|-------|-------|-------|--------|-------|-------|-------|-------|--------|-------|-------|-------|-------|--------|-------|-------|-------|-------|--------|-------|-------|-------|-------|
| LEFT HAND | | RIGHT HAND | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 |
| (a) | Chord Rules | Strumming Rules (i) | | | | | | | | | | | | | | | | | | | | | | | | | |
| (b) | Chord Families | Strumming (ii) | | | | | | | | | | | | | | | | | | | | | | | | | |
| (c) | Finger Exercises | Finger Picking (iii) | | | | | | | | | | | | | | | | | | | | | | | | | |
| (d) | Song / Solo | | | | | | | | | | | | | | | | | | | | | | | | | | |
| (e) | Melody / Arrangement | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SIGN OFF | | | | | | | | | | | | | | | | | | | | | | | | | | | |

DAILY PRACTICE ROUTINE

START DATE: __ / __ / 20__

| | | | WEEK 6 | | | | | WEEK 7 | | | | | WEEK 8 | | | | | WEEK 9 | | | | | WEEK 10 | | | | |
|-----------|----------------------|----------------------|--------|-------|-------|-------|-------|--------|-------|-------|-------|-------|--------|-------|-------|-------|-------|--------|-------|-------|-------|-------|---------|-------|-------|-------|-------|
| LEFT HAND | | RIGHT HAND | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 |
| (a) | Chord Rules | Strumming Rules (i) | | | | | | | | | | | | | | | | | | | | | | | | | |
| (b) | Chord Families | Strumming (ii) | | | | | | | | | | | | | | | | | | | | | | | | | |
| (c) | Finger Exercises | Finger Picking (iii) | | | | | | | | | | | | | | | | | | | | | | | | | |
| (d) | Song / Solo | | | | | | | | | | | | | | | | | | | | | | | | | | |
| (e) | Melody / Arrangement | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SIGN OFF | | | | | | | | | | | | | | | | | | | | | | | | | | | |

CATEGORY PAGE

| LEFT HAND | RIGHT HAND |
|--|--|
| <p>(a) CHORD RULES</p> <p>(b) CHORD FAMILIES</p> <p>(c) FINGER EXERCISES</p> | <p>(i) STRUMMING RULES</p> <p>(ii) STRUMMING</p> <p>(iii) FINGER PICKING</p> |
| <p>(d) SONG / SOLO</p> <p>(e) MEDLODY / ARRANGEMENT</p> | |

HOW IT WORKS:

1. If you aim to practice **“LEFT HAND (a) Chord Rules”** for **5 mins per day** for week 2:

Find the explanation for **“(a) Chord Rules”** on the category page and actively work through the steps. If you only manage to get in **3 mins** of practice on Day 1 of Week 2, this is how the time spent should be recorded:

| | LEFT HAND | RIGHT HAND | WEEK 1 | | | | | WEEK 2 | | | | | | |
|-----|----------------------|-----------------|--------|-------|-------|-------|-------|--------|-------|-------|-------|-------|--|--|
| | | | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | | |
| (a) | Chord Rules | Strumming Rules | (i) | | | | | | 3,0 | | | | | |
| (b) | Chord Families | Strumming | (ii) | | | | | | | | | | | |
| (c) | Finger Exercises | Finger Picking | (iii) | | | | | | | | | | | |
| (d) | Song / Solo | | | | | | | | | | | | | |
| (e) | Melody / Arrangement | | | | | | | | | | | | | |
| | SIGN OFF | | | | | | | | | | | | | |

3 mins Left Hand,
0 mins Right Hand

2. If you aim to practice **“RIGHT HAND (iii) Finger Picking”** for **5 mins per day** for week 2:

Find the explanation for **“(iii) Finger Picking”** on the category page and actively work through the steps. If you only manage to get in **3 mins** of practice on Day 1 of Week 2, this is how the time spent should be recorded:

| | LEFT HAND | RIGHT HAND | WEEK 1 | | | | | WEEK 2 | | | | | | |
|-----|----------------------|-----------------|--------|-------|-------|-------|-------|--------|-------|-------|-------|-------|--|--|
| | | | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | | |
| (a) | Chord Rules | Strumming Rules | (i) | | | | | | | | | | | |
| (b) | Chord Families | Strumming | (ii) | | | | | | | | | | | |
| (c) | Finger Exercises | Finger Picking | (iii) | | | | | | 0,3 | | | | | |
| (d) | Song / Solo | | | | | | | | | | | | | |
| (e) | Melody / Arrangement | | | | | | | | | | | | | |
| | SIGN OFF | | | | | | | | | | | | | |

0 mins Left Hand,
3 mins Right Hand

3. If you aim to practice both **“LEFT HAND (b) Chord Families”** and **“RIGHT HAND (ii) Strumming”** for **5 mins per day** for week 2:

Find the explanations for both on the category page and actively work through the steps. If you manage to get in **5 mins** of practice for each on Day 1 of Week 2, this is how the time spent should be recorded:

| | | WEEK 1 | | | | | WEEK 2 | | | | |
|-----|----------------------|-----------------|-------|-------|-------|-------|--------|-------|-------|-------|-------|
| | | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 |
| (a) | Chord Rules | Strumming Rules | (i) | | | | | | | | |
| (b) | Chord Families | Strumming | (ii) | | | | 5,5 | | | | |
| (c) | Finger Exercises | Finger Picking | (iii) | | | | | | | | |
| (d) | Song / Solo | | | | | | | | | | |
| (e) | Melody / Arrangement | | | | | | | | | | |
| | | SIGN OFF | | | | | | | | | |

5 mins Left Hand,
5 mins Right Hand

At the end of each day you'll need to **“Sign Off”** that the day is done, whether you've practiced or not.

| | | WEEK 1 | | | | | WEEK 2 | | | | |
|-----|----------------------|-----------------|-------|-------|-------|-------|--------|-------|-------|-------|-------|
| | | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 | DAY 1 | DAY 2 | DAY 3 | DAY 4 | DAY 5 |
| (a) | Chord Rules | Strumming Rules | (i) | | | | | | | | |
| (b) | Chord Families | Strumming | (ii) | | | | | | | | |
| (c) | Finger Exercises | Finger Picking | (iii) | | | | | | | | |
| (d) | Song / Solo | | | | | | | | | | |
| (e) | Melody / Arrangement | | | | | | | | | | |
| | | SIGN OFF | | | | | ✓ | ✓ | ✓ | ✓ | ✓ |