

### 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																											

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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)																									
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(d)	Song / Solo																										
(e)	Melody / Arrangement																										
SIGN OFF																											

<b>LEFT HAND</b>	<b>RIGHT HAND</b>
(a) <a href="#">CHORD RULES</a> (b) <a href="#">CHORD FAMILIES</a> (c) <a href="#">FINGER EXERCISES</a>	(i) STRUMMING RULES (ii) STRUMMING (iii) FINGER PICKING
(d) SONG / SOLO (e) MEDLODY / ARRANGEMENT	

## HOW IT WORKS:

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

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

		WEEK 1					WEEK 2							
	LEFT HAND	RIGHT HAND	DAY					DAY						
			1	2	3	4	5	1	2	3	4	5		
(a)	Chord Rules	Picking	(i)						3,0					
(b)	Finger Placement	Positioning	(ii)											
(c)	Finger Exercises	Strumming Rules	(iii)											
(d)	Scales/ Melodies	Strumming	(iv)											
(e)	Arpeggios	Finger Picking	(v)											
(f)	Technique													
(g)	Song/ Homework													
	SIGN OFF													

3 mins Left Hand,  
0 mins Right Hand

2. If you aim to practice "**RIGHT HAND (iv) Strumming**" for **5mins per day** for week 2:

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

		WEEK 1					WEEK 2							
	LEFT HAND	RIGHT HAND	DAY					DAY						
			1	2	3	4	5	1	2	3	4	5		
(a)	Chord Rules	Picking	(i)											
(b)	Finger Placement	Positioning	(ii)											
(c)	Finger Exercises	Strumming Rules	(iii)											
(d)	Scales/ Melodies	Strumming	(iv)						0,3					
(e)	Arpeggios	Finger Picking	(v)											
(f)	Technique													
(g)	Song/ Homework													
	SIGN OFF													

0 mins Left Hand,  
3 mins Right Hand

3. If you aim to practice both **“LEFT HAND (e) Arpeggios”** and **“RIGHT HAND (v) Finger Picking”** for **5mins per day** for week 2:

Find the explanations for both on the supplementary page and actively work through the steps. If you manage to get in **5mins** 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	Picking	(i)								
(b)	Finger Placement	Positioning	(ii)								
(c)	Finger Exercises	Strumming Rules	(iii)								
(d)	Scales/ Melodies	Strumming	(iv)								
(e)	Arpeggios	Finger Picking	(v)				5,5				
(f)	Technique										
(g)	Song/ Homework										
	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	Picking	(i)				5,0	5,0			5,0
(b)	Finger Placement	Positioning	(ii)								
(c)	Finger Exercises	Strumming Rules	(iii)								
(d)	Scales/ Melodies	Strumming	(iv)								
(e)	Arpeggios	Finger Picking	(v)								
(f)	Technique										
(g)	Song/ Homework										
	SIGN OFF						✓	✓	✓	✓	✓