Practice Schedule

Start Date: _____ Target End Date: _____

Long Term Goal

_____

_____

Short Term Weekly Goal

_____

_____

Daily Practices

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

Optional _____

Warm up 15 to 30 min or as time allows

Timing Warm up

_____

_____

Picking Hand Warm up

_____

_____

Fretting HandWarm up

_____

_____

Additional Goals / Practices

_____

_____

_____

_____