

Name: _____

Date: _____

What would you like to be able to do on the guitar in the next 6-9 months (be as specific as you can)?

List 3-5 Core Skills that you will need in order to achieve this:

1. _____
2. _____
3. _____
4. _____
5. _____

Identify as many reasons as you can why you want to achieve this as well as why you should practice these things:

Now for the next 12 weeks, **practice these 3-5 Core Skills 6 days per week**. You don't need to practice for 60 minutes every day, but make sure you practice ALL of your Core Skills each day, *even if it's only for 4-5 minutes on each skill*. You can add in anything you want to each practice, but only after you've touched on your 3-5 Core Skills.

Keep notes on how you practiced each concept. What did you play, was it a song? Was it 2 measure of a song? How long did you do it for? At what tempo?

On day 7, reflect on your progress, plan out the next week's practice routine, and/or just have fun with your instrument.

It is recommended that you spend some time on day 7 filling in the exercises you will use for the following week. You don't have to plan for the entire week, but be thinking ahead of time. Otherwise, practice can become unfocused.

Before you begin each practice session, decide how you will handle mistakes in each category.

Will you start over from the beginning of the section?

Will you play through and go back to fix it later?

Will you stop and fix it on the spot?

All 3 approaches have merit in the right circumstances. If you're not sure which to do, email me:

eric@quarterbendguitar.com

Day 1 Date _____	Name of Exercise/ Song	Notes and Observations	Tempo Range	Time Practiced
Warm Up				
Core Skill 1				
Core Skill 2				
Core Skill 3				
Core Skill 4				
Core Skill 5				
Extra Stuff				
Day 2 Date _____	Name of Exercise/ Song	Notes and Observations	Tempo Range	Time Practiced
Warm Up				
Core Skill 1				
Core Skill 2				
Core Skill 3				
Core Skill 4				
Core Skill 5				
Extra Stuff				
Day 3 Date _____	Name of Exercise/ Song	Notes and Observations	Tempo Range	Time Practiced
Warm Up				
Core Skill 1				
Core Skill 2				
Core Skill 3				
Core Skill 4				
Core Skill 5				
Extra Stuff				
Day 4 Date _____	Name of Exercise/ Song	Notes and Observations	Tempo Range	Time Practiced
Warm Up				
Core Skill 1				
Core Skill 2				
Core Skill 3				
Core Skill 4				
Core Skill 5				
Extra Stuff				
Day 5 Date _____	Name of Exercise/ Song	Notes and Observations	Tempo Range	Time Practiced
Warm Up				
Core Skill 1				
Core Skill 2				
Core Skill 3				
Core Skill 4				
Core Skill 5				
Extra Stuff				
Day 6 Date _____	Name of Exercise/ Song	Notes and Observations	Tempo Range	Time Practiced
Warm Up				
Core Skill 1				
Core Skill 2				
Core Skill 3				
Core Skill 4				
Core Skill 5				
Extra Stuff				