

6 Week Guitar

Volume 1

Practice Planner

How to use your Practice Planner

As we all know, the route to guitar playing success is through practice. However practice can often be associated with boring, repetitive routines and consequently be perceived as tedious and demotivating.

But this is not the case at all, if you go about your practice with some planning, structure and fun.

On the following pages you'll see I've set out for you a practice schedule.

This is broken down into a number of components which I'll explain here.

But the main point is that by actually using this you'll see just how quickly you are actually progressing. Often it's only when you look back do you realise just how far you've come.

So please make use of this and I guarantee you'll see and experience the results, not only in terms of real progress, but more importantly in terms of maintaining motivation and building confidence.

Print out these pages and fill them in each and every day, regardless of how much you actually practice - even if it's only 5 minutes!

By having this visual quick reference you can more effectively balance your playing and practice time. The idea is to not stress about it, if some days you cannot put in the practice you want, but you can more take a balanced view of the week and try to put in playing time where you can.

Your speed of progress will be directly related to the amount of time you put in. So if time is short, then set your targets lower and give yourself time. It's not a race - slow and steady will most definitely get you there!

Practice Type & Minutes Spent

There are two parts to this. The first part is the type of practice. This is split into three, warm-up, learning and fun. You should try to split your guitar time evenly between these three activities, to make sure you get the best results and keep motivation high.

The second part of this is the minutes spent. I've set this out as a simple tick box, so just put a tick by the amount of time. This will give you a really quick visual reference of your playing time over the course of the week.

Notes

In this section just make a quick note of what you've actually been playing or practicing in that session. That way as you progress through the week you can balance out a range of different practice sessions. Again let's make sure we keep it interesting and fun. Motivation is key!

Focus Area

In this box you should make a note of anything you're finding particularly difficult, or you know needs more work. Again so as you progress through the week you can come back to it. Sometimes if you're finding something difficult, the best thing is to just set it aside and come back to it another day. If you keep going with this approach then you'll avoid getting frustrated and also one day it will just click - guaranteed.

And finally use the Total Minutes box at the end to keep a quick running total of playing time. As you progress through the weeks, you'll be surprised how much progress you're actually making for the relatively little time you're spending.

Please make use of this Practice Planner - it Works!

Practice Planner: Week 1

	Practice Type & Minutes Spent	Notes	Focus Area	Total Time
Monday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			
Tuesday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			
Wednesday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			
Thursday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			
Friday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			
Saturday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			
Sunday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			

Practice Planner: Week 2

	Practice Type & Minutes Spent	Notes	Focus Area	Total Time
Monday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			
Tuesday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			
Wednesday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			
Thursday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			
Friday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			
Saturday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			
Sunday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			

Practice Planner: Week 3

	Practice Type & Minutes Spent	Notes	Focus Area	Total Time
Monday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			
Tuesday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			
Wednesday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			
Thursday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			
Friday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			
Saturday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			
Sunday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			

Practice Planner: Week 4

	Practice Type & Minutes Spent	Notes	Focus Area	Total Time
Monday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			
Tuesday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			
Wednesday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			
Thursday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			
Friday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			
Saturday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			
Sunday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			

Practice Planner: Week 5

	Practice Type & Minutes Spent	Notes	Focus Area	Total Time
Monday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			
Tuesday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			
Wednesday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			
Thursday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			
Friday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			
Saturday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			
Sunday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			

Practice Planner: Week 6

	Practice Type & Minutes Spent	Notes	Focus Area	Total Time
Monday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			
Tuesday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			
Wednesday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			
Thursday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			
Friday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			
Saturday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			
Sunday	Warm Up 5 10 15 20 25 30			
	Learning 5 10 15 20 25 30			
	Fun 5 10 15 20 25 30			

If you have any questions or need assistance then please contact our Support Team via our web site www.guitarcoachmag.com

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