

Practice Journal

Keeping track of your practice sessions is an excellent idea to keep your guitar playing moving forward.

- A practice journal gives you a visual of all your hard work.
- It can help you identify what is going well and what could be improved.
- It can help you establish a daily practice routine to stay focused.

Calendar

To keep track of your practice, check off the days you were able to pick up the guitar.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What did you practice?

On a scale of 1 to 10, how satisfied are you? What was good and what was difficult?

What are your goals for the day, the next week, or the month?

Are there any specific skills you want to work on?

What music (songs or repertoire) are you practicing?

Write any other notes, ideas, or questions below.
