

Daily Practice Log



Date:

Time In/Out:

Time In/Out:

Time In/Out:

Total Time:

Warm-Up

What scale or riff was your warm-up?

Chords

Did you work with new chords, transitions, inversions, etc.?

Rhythm

Did you focus on a strumming pattern, fingerpicking, etc.?

Technique

Technique(s) you focused on (slide, bend, palm-mute, etc.)?

Theory

Notes of the fretboard, chords of a key, scale patterns, etc.

Project Song/Riff

Usually best to have just one focus song/riff at a time.

SELF-ASSESSMENT

1. Did you feel mentally & physically ready for practise? Yes No
2. Did you enjoy your practice, with perhaps few exceptions? Yes No
3. What was most challenging for you (ex. Making time for practice; a particular exercise, etc.)?
4. What was most enjoyable?
5. Did you stay focused on only your practice criteria? Yes No
If, no, why?