

### **Note from Kevin:**

Focused, organized, and consistent practice is essential to improving as a ukulele player. Use your AllForUke practice journal to set specific weekly goals, identify areas where you'd like to improve, and track your progress as you learn. The great thing about journaling is you can reflect on your previous practice sessions and make adjustments prior to setting your intention for the upcoming week. Here's an entry example to get you started.

### **This week's focus/intention:**

D-D-U-D-U Waltz Strumming, B7 Chord, B Section of Can't Help Falling In Love.

### **Monday: 3/25/20**

- **Warm Up:** 3-2-1, Muted waltz strum (70bpm)
- **Scale/Technique:** C major scale (3x @70bpm)
- **Chords/Progressions:** B7 left hand only, Em-B7 (10x)
- **Strum Pattern:** D-D-U-D-U (Waltz)
- **Series:** Step Up Your Strumming Day 2
- **Song(s):** Can't Help Falling In Love
- **Notes:** C string is buzzing when playing B7 chord.  
DDUDU pattern is feeling more comfortable! Played B  
Section of Can't Help Falling 10x. Smiled and played  
ukulele!