



PRACTICE JOURNAL

My focus & intention for the week:

Monday:

- Warm Up: _____
- Scale/Technique: _____
- Chords/Progressions: _____
- Strum Pattern: _____
- Series: _____
- Song(s): _____
- Notes: _____

Tuesday:

- Warm Up: _____
- Scale/Technique: _____
- Chords/Progressions: _____
- Strum Pattern: _____
- Series: _____
- Song(s): _____
- Notes: _____

“Practice is the best of all instructors” Publilius Syrus

Wednesday:

- **Warm Up:** _____
- **Scale/Technique:** _____
- **Chords/Progressions:** _____
- **Strum Pattern:** _____
- **Series:** _____
- **Song(s):** _____
- **Notes:** _____

Thursday:

- **Warm Up:** _____
- **Scale/Technique:** _____
- **Chords/Progressions:** _____
- **Strum Pattern:** _____
- **Series:** _____
- **Song(s):** _____
- **Notes:** _____

“Mistakes are immensely useful. They show us where we are right now and what we need to do next.” - William Westley

Friday:

- **Warm Up:**_____
 - **Scale/Technique:**_____
 - **Chords/Progressions:**_____
 - **Strum Pattern:**_____
 - **Series:**_____
 - **Song(s):**_____
 - **Notes:**_____
- _____
- _____

Saturday:

- **Warm Up:**_____
 - **Scale/Technique:**_____
 - **Chords/Progressions:**_____
 - **Strum Pattern:**_____
 - **Series:**_____
 - **Song(s):**_____
 - **Notes:**_____
- _____
- _____

“It’s not necessarily the amount of time you spend at practice that counts; it’s what you put into the practice” - Eric Lindros

Sunday:

- **Warm Up:**_____
 - **Scale/Technique:**_____
 - **Chords/Progressions:**_____
 - **Strum Pattern:**_____
 - **Series:**_____
 - **Song(s):**_____
 - **Notes:**_____
- _____
- _____

End of the Week Reflection:

- **Which areas need more work?**

- **What aspects of my playing feel more comfortable after this week? What adjustments did I make?**

- **Which chords, strumming patterns, techniques will I carry into next week’s practice?**