

Guitar Practice Log & Workbook



MONTH:

WEEK:

MON Warm Up M T W T F		Start	End	Done
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Top BPM

What went well?

What needs work?

TUE Lick		Start	End	Done
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Top BPM

What went well?

What needs work?

WED Improv		Start	End	Done
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What went well?

What needs work?

THU Chord Prog		Start	End	Done
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Top BPM

What went well?

What needs work?

FRI Key Chords		Start	End	Done
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Top BPM

What went well?

What needs work?

What was your biggest breakthrough this week?