

Week: \_\_\_\_

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Practice @

Practice  
For

What To  
Practice

Complete?

Notes

### List of What to Practice

- Scales
- Theory
- Tapping
- Chords
- Jamming
- Soloing
- Learning a New Song
- Strumming
- Fretboard Memorization
- Warmup Exercises
- Alternate Picking
- Other