



# Guitar Practice Journal

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## Start date and goals

This page serves as a mean to keep yourself orientated on your goals and start date of the goal you have set. If you want to add further details and comments you can add an appendix. Note that there is no space set for a deadline, and this is absolutely on purpose. While you will want to work towards your goal, you do not want to knock yourself for not getting there on time. You are on your way, that is the important part! A journey has swings and roundabouts! Positive thinking and acceptance of your situation is key!

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Start Date	
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Long term goal	
Short term goal	



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## Daily Exercises and Comments

Here is where you can annotate the subjects or topics you will work on, as well as the actual date. Notice the lack of “goals”. Do not knock yourself if you practice 5 minutes instead of 1 hour. Acceptance of your frame of mind is key, as is positive thinking. Try to create joy around the practice session and build on a joyous foundation.

In the latter table you can annotate exercises by by number (i.e. #34 or title), a tip would be to mark the actual document holding the exercise with the same annotation. This way you it is easier for you to track progress.

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<b>Date of Practice</b>	
<b>Today's subject(s)</b>	

Subject	Exercise	BPM	Duration	Comments (appendix #)

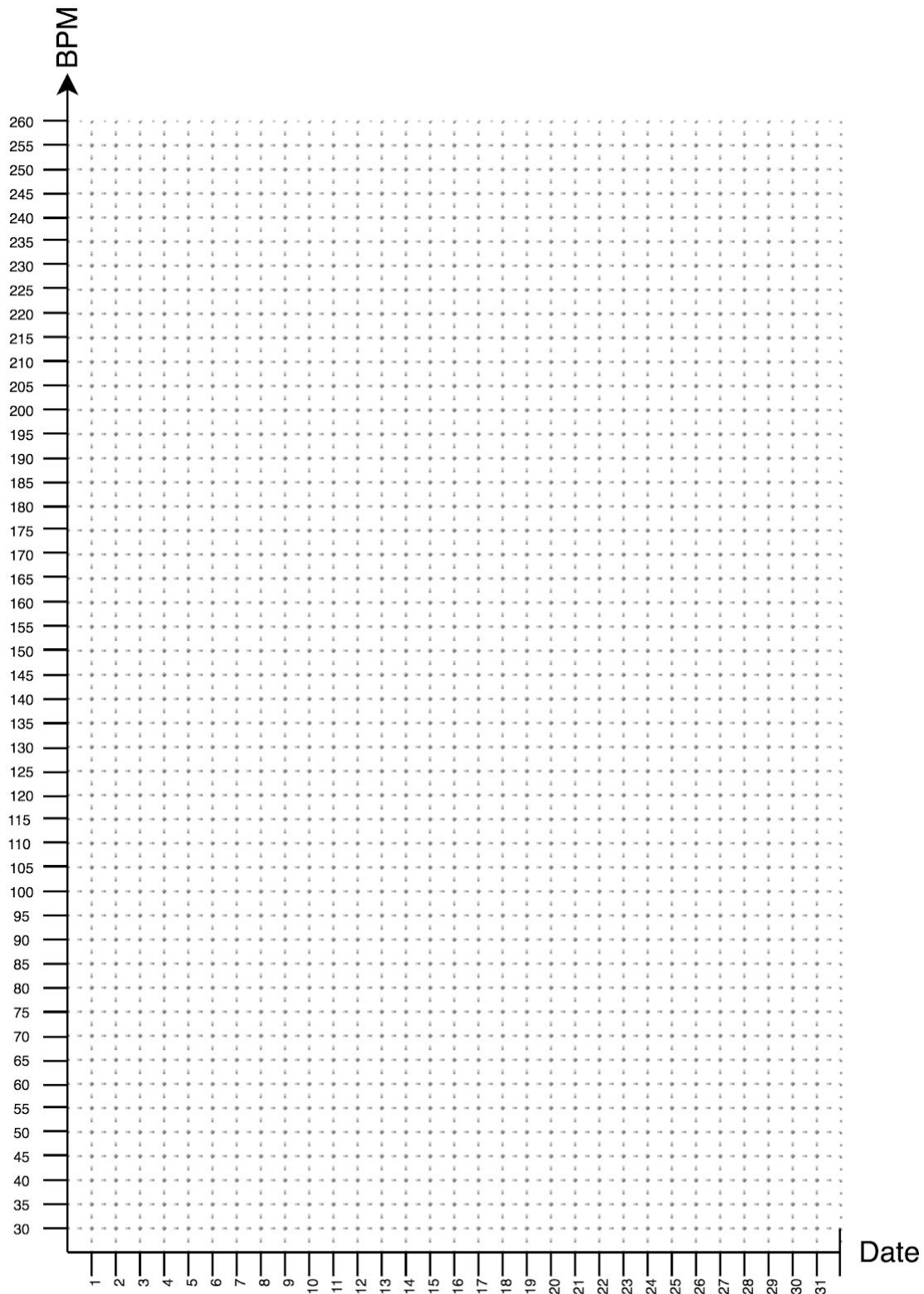
<b>Comments:</b>	
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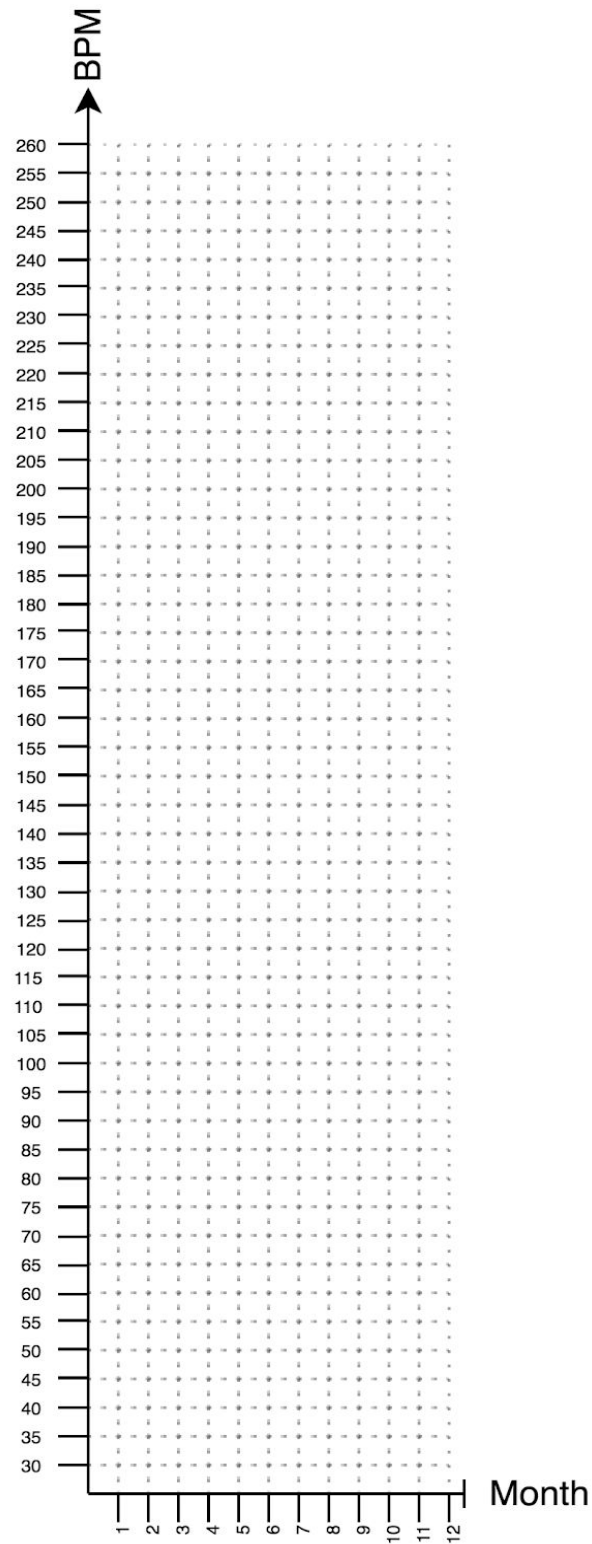
## Visual tracking of progress (monthly)

In the following line chart you can annotate exercises and the BPM progress. Use different colour variations to annotate different exercises in the same chart.





The following diagram tracks progress on a yearly scale.





Annotate exercise number and source here, including the page and place of exercise

[illegible]