

<http://www.guitar-skill-builder.com/>



Guitar Practice Techniques

Daily Guitar Practice Routine
Goal Planning and Log Book



You become what you think
about most of the time.
Earl Nightingale

<http://www.guitar-skill-builder.com/>

Goals

What style of guitar do you want to learn to play?

Why? What benefits, enjoyment would you have if you could master this style?

How? What price are you willing to pay in terms of time and effort are you willing to pay?

When Date will you achieve this goal?

Commit

Sign a agreement with yourself to do your best everyday to accomplish your goal.

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Guitar Practice Workout Records

Week _____ Day _____ Session AM _____
PM _____

Warm up

Warm Ups / type	Speed / Metronome?	How many?	How did you do?

Ear Training

Interval/ Drill	Speed	Duration

Scales

Which Scale?	Speed	Reps	Notes

Chords – Chord Progressions

Which Chords	Speed	Reps	Notes

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Licks

Which Lick?	Speed	Reps	Notes

Rhythm Guitar

Name of Rhythm	Speed	Reps	Notes

Solo Guitar

Scale/ mode/ Technique	speed	Reps	Notes

Techniques

Which Technique	Speed	Reps	Notes

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Song

Which Song? Which part of the song?	Speed	Reps	Notes

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Fret-board Memorization

<http://www.guitar-skill-builder.com/guitar-fretboard.html>

Steps	Phase one	Phase two	Phase three
1			
2			
3			
4			
5			
6			

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Notes – progress and plan for next session

Warm ups	
Ear Training	
Scales and Modes	
Chords/Progressions	
Licks	
Rhythm guitar	
Solo	
Song	
Fret board Memorization	

