

Guitar practice log

A beginner's guide to learning guitar. Tick a box for each day you practise (even five minutes counts) and write down your best one-minute change score each week.

Wk	Lesson focus	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Best 1-minute change	Notes
1	1 Getting set up									
2	2 Tuning									
3	3 Reading chord boxes and tab									
4	3 Reading tab (cont.)									
5	4 First chords									
6	4 One-minute changes									
7	5 Rhythm, Old Faithful									
8	6 G, C, Dm, Asus2									
9	7 Staff and C major scale									
10	8 Twinkle, Ode to Joy									
11	8 The Hanging Tree									
12	8–9 Moonlight Sonata, final exam									