

Practice Journal

Date:
Time:
Duration:



Goals for this session:

- Goal 1:
 - Goal 2:
 - Goal 3:
 - Goal 4:
 - Goal 5:
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Tip: Be specific with your goals and reflections. Clearly identify the exact scale, chord, or technique you want to focus on, and note any challenges you encounter. This will help you target your practice more effectively. The more detailed you are, the easier it will be to track your progress and overcome obstacles.

Day	Module	Lesson	Good	Not so good
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				