Practice Tracker - Intro to Fingerstyle

Day	Exercise(s)	Time: Goal	Time: Actual	BPM	Notes	Notes to yourself
Week 1						
1	Ex. 1 Thumb/index Ex. 2 Thumb/middle Ex. 3 Thumb/ring	15		60	Note for one click, relax for one click	
2	Ex. 4 P, I, M, A Ex. 5 P, A, M, I	20			Note for one click, relax for one click	
3	Ex. 6 P + I Ex. 7 P + M Ex. 8 P + A Ex. 9 P + I + M + A	20			Note for one click, relax for one click	
4	Ex. 10 P + 1, M, A Ex. 11 P + A, M, I	20			Note for one click, relax for one click	
5	Review of all	20			Note for one click, relax for one click	
6	Review of all	20			Note for one click, relax for one click	
7	Review of all	20			Note for one click, relax for one click	
Week 2						
8	Review of all - slowly increasing Metronome	20		60	One note per click of the metronome, but still focus on relaxing after each attack.	
9	Review of all - slowly increasing Metronome	20		60 - 62	One note per click of the metronome, but still focus on relaxing after each attack.	
10	Review of all - slowly increasing Metronome	20		62 - 64	One note per click of the metronome, but still focus on relaxing after each attack.	

Day	Exercise(s)	Time: Goal	Time: actual	BPM	Notes	Notes to yourself
11	Review of all - slowly increasing Metronome	20		64 - 66	One note per click of the metronome, but still focus on relaxing after each attack.	
12	Review of all - slowly increasing Metronome	20		66 - 68	One note per click of the metronome, but still focus on relaxing after each attack.	
13	Review of all - slowly increasing Metronome	20		68 - 70	One note per click of the metronome, but still focus on relaxing after each attack.	
14	Review of all - slowly increasing Metronome	20		70 - 72	One note per click of the metronome, but still focus on relaxing after each attack.	