

12-Week Beginner Guitar Plan

Week-by-week goals for your first three months: chords, rhythm, songs and checkpoints.

Wk	Technique	Rhythm	Song	Checkpoint	Done
1	Em and Am; tuning	Downstrokes on the beat	Practice Em-Am	Em to Am cleanly	☐
2	E, A and D	Down-up eighths	Buffalo Gals	20 changes a minute	☐
3	G and C	Folk strum D DU UDU	Down by the Riverside	G-C-D without stopping	☐
4	Review and one-minute changes	Strum with a metronome	Oh Susanna	Whole song at 70 BPM	☐
5	Dm, E7, A7	Waltz strum (3/4)	Amazing Grace	Clean 3/4 strum	☐
6	Fingerpicking: thumb + 3 fingers	Bass-and-strum	Red River Valley	Smooth bass notes	☐
7	Am, C, D, F (easy F)	Arpeggio picking	House of the Rising Sun	Pattern at 60 BPM	☐
8	Power chords E5, A5	Palm muting	Riff of your choice	Muted, even eighths	☐
9	Cadd9, Dsus4, sus chords	Pop strum	Scarborough Fair	Sus moves in time	☐
10	F barre (start)	Boom-chick country	Will the Circle Be Unbroken	F rings 4 of 6 strings	☐
11	12-bar blues in A and E	Shuffle rhythm	Your own 12-bar blues	12-bar from memory	☐
12	Review everything	Play along with recordings	Your favorite 3 songs	Play 3 songs for someone	☐

The named songs are free, with chord shapes and a play-along, at guitarfretwork.com/songs.

Notes



Fretwork turns this plan into daily lessons with audio and checks. Stages 0 and 1 are free.

guitarfretwork.com/signup