

# 30-Day Guitar Practice Planner

A guided month for beginners: one focus a day, about 20 minutes, with boxes to tick and space for notes.

| Day | Date | Today's focus (about 20 minutes)                         | Min | Done                     | Notes |
|-----|------|----------------------------------------------------------|-----|--------------------------|-------|
| 1   |      | Tune with a tuner. Learn the string names E A D G B E.   |     | <input type="checkbox"/> |       |
| 2   |      | Hold the guitar and pick. Play each open string 4 times. |     | <input type="checkbox"/> |       |
| 3   |      | Learn Em. Check every string rings clearly.              |     | <input type="checkbox"/> |       |
| 4   |      | Learn Am. Change Em to Am, slowly, 10 times.             |     | <input type="checkbox"/> |       |
| 5   |      | One-minute changes: Em to Am. Write your score.          |     | <input type="checkbox"/> |       |
| 6   |      | Learn E. Change E to Am.                                 |     | <input type="checkbox"/> |       |
| 7   |      | Week 1 review: Em, Am, E. Strum 4 downstrokes each.      |     | <input type="checkbox"/> |       |
| 8   |      | Learn D. Strum only the 4 strings it uses.               |     | <input type="checkbox"/> |       |
| 9   |      | Learn A. Change A to D.                                  |     | <input type="checkbox"/> |       |
| 10  |      | One-minute changes: A to D. Beat your score.             |     | <input type="checkbox"/> |       |
| 11  |      | Learn G. Practice G to D.                                |     | <input type="checkbox"/> |       |
| 12  |      | Learn C. Practice C to G.                                |     | <input type="checkbox"/> |       |
| 13  |      | Strum pattern: D . D U . U D U on one chord.             |     | <input type="checkbox"/> |       |
| 14  |      | Week 2 review: play G, C, D with the strum.              |     | <input type="checkbox"/> |       |
| 15  |      | Metronome at 60 BPM: one chord per bar.                  |     | <input type="checkbox"/> |       |
| 16  |      | Progression G, C, D, G at 60 BPM.                        |     | <input type="checkbox"/> |       |
| 17  |      | Learn your first song: Buffalo Gals (G and D).           |     | <input type="checkbox"/> |       |
| 18  |      | Play Down by the Riverside (G, C, D).                    |     | <input type="checkbox"/> |       |
| 19  |      | Name the notes on the low E string, frets 0 to 5.        |     | <input type="checkbox"/> |       |
| 20  |      | Try fingerpicking: thumb on the bass, fingers on G B e.  |     | <input type="checkbox"/> |       |
| 21  |      | Week 3 review: record a song on your phone.              |     | <input type="checkbox"/> |       |
| 22  |      | Learn Dm. Change Dm to Am.                               |     | <input type="checkbox"/> |       |
| 23  |      | Learn E7 and A7. Play a 12-bar blues in A.               |     | <input type="checkbox"/> |       |
| 24  |      | Palm muting on an E chord.                               |     | <input type="checkbox"/> |       |
| 25  |      | One-minute changes: G to C. Beat your score.             |     | <input type="checkbox"/> |       |
| 26  |      | Play along with a recording of a 3-chord song.           |     | <input type="checkbox"/> |       |
| 27  |      | Pick your hardest change and drill it 5 minutes.         |     | <input type="checkbox"/> |       |
| 28  |      | Play your whole song at a slower tempo, no stops.        |     | <input type="checkbox"/> |       |
| 29  |      | Play your song at full tempo.                            |     | <input type="checkbox"/> |       |
| 30  |      | Celebrate: record your song and compare with day 21.     |     | <input type="checkbox"/> |       |

Weekly check-in: what went well? what will I work on next week?



Every day of this plan has a free step-by-step lesson with audio in Fretwork. Start free.

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