



7 DAY SONG PRACTICE GUIDE

CLEAN CHORDS PRACTICE (CC)

The focus of this practice is to get clean sounding chords. Pluck each string one at a time, making sure to get a clean resonating sound. If you get a muted or chattering string, fix it, and then start over. Do this until all strings of the chord resonate clearly.

If you get a muted or chattering string, remember to press with the tip of your finger, and press on the sweet spot of the fret.

MUSCLE MEMORY PRACTICE (MM)

You will not be pressing down on the strings for this practice. The focus is to get the muscles of your fingers to memorize the chord positions and transitions. Just place your fingers gently on the chord positions.

MM1: Segment each transition that takes place in the song you are trying to learn, and practice one transition at a time, in repetition.

MM2: Practice the chord changes while watching the video tutorial of the song you are learning. Remember, you are not pressing down on the chords, just focusing on the position of the hand on the strings.

STRUM PATTERN PRACTICE (SP)

The focus of this practice is strictly the strum pattern. You will not be using chords at all. Simply mute the strings with your chording hand, and focus only on the strumming.

SP1: This practice is focused on getting you used to the pattern. With the strings muted, play the strum pattern while you count the beats out loud.

SP2: With strings muted, play the strum pattern along with the video tutorial of the song you are trying to learn.

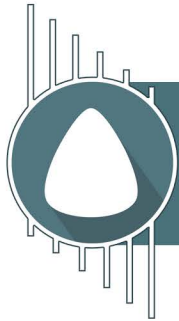
SP3: With strings muted, play the strum pattern without the video tutorial, while singing the song yourself. Follow along with the chord chart.

ALL TOGETHER PRACTICE (AT)

The focus of this practice is to begin combining the previous practices together.

AT1: Play the chords and the strum pattern together while counting the beats and measures out loud. Follow along with the chord chart.

AT2: Play the chords and strum pattern together along with the video tutorial of the song you are learning. Do not sing yet. If it helps, you can count the beats under your breath.



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Below are the recommended practices and time intervals for the 7 day song, with a check box to track your completion of each day. As you move forward, feel free to make adjustments to fit your own progress. If you master a particular practice quickly, replace it with another practice that gives you more trouble.

DAY 1	<input type="checkbox"/>				
CC	MM1	SP1	CC	MM1	SP1
10 min	10 min	10 min	10 min	10 min	10 min

DAY 2	<input type="checkbox"/>				
CC	MM1	SP2	CC	MM1	SP2
10 min	10 min	10 min	10 min	10 min	10 min

DAY 3	<input type="checkbox"/>				
CC	MM2	SP2	CC	MM2	SP2
10 min	10 min	10 min	10 min	10 min	10 min

DAY 4	<input type="checkbox"/>				
CC	MM2	SP3	CC	MM2	SP3
10 min	10 min	10 min	10 min	10 min	10 min

DAY 5	<input type="checkbox"/>				
CC		SP3	AT1		
20 min		20 min	20 min		

DAY 6	<input type="checkbox"/>				
CC	SP3	AT1	AT2		
10 min	10 min	10 min	30 min		

DAY 7	<input type="checkbox"/>				
AT1	SP3	AT2			
10 min	10 min	40 min			



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This template allows you to create your own practice schedule. Fill in the empty slots with the practice and the time interval that fits your needs. Pay attention as you practice to areas that you excel and areas that you struggle, and spend more practice time on problem areas.

DAY 1					

DAY 2					

DAY 3					

DAY 4					

DAY 5					

DAY 6					

DAY 7					

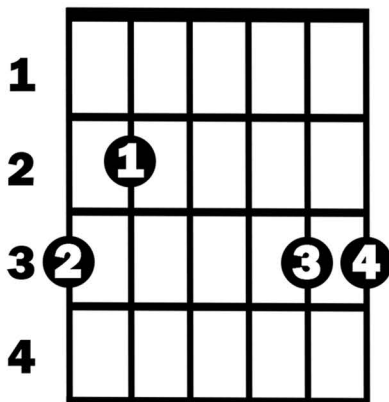


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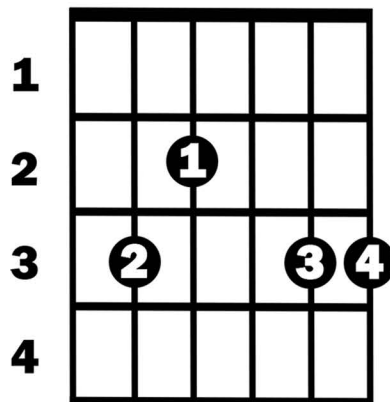
For your reference, here are the 3 chords and the strum pattern that apply to all 4 song options of the "7 Day Song Challenge".

THE CHORDS

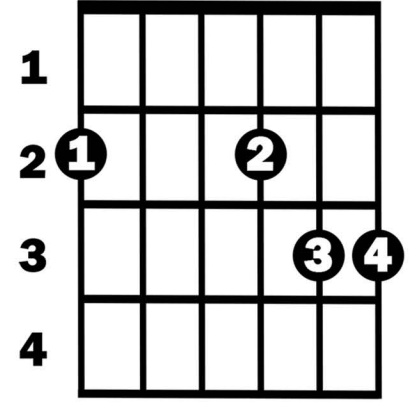
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THE DRIVING PATTERN

1	&	2	&	3	&	4	&
↓		↓		↓		↓	↑