

DanChristian.net Weekly Practice Routine Sheet

	Time to spend (mins)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Warm Up								
Long Tones/Notes	3							
Alternate with and without Vibrato	2							
Hold a note steady for as long as possible	2							
Scales + Arpeggios (5x Each Slow and Perfect! :))								
C Major (2 Octaves)	2							
G Major (F#)	2							
D Major (F# C#)	2							
Songs								
*	?							
*	?							
*	?							
Total	25 mins							

Either time yourself or use the box as a checklist, up to you!

* Put in the songs of your choice either of your own or from my tutorial videos

** Remember as you get more comfortable with the scales to increase the speed at which you practise them!