

100 DAY CHALLENGE WORKSHEET

Put an 'X' over each day as you complete it.

Week 1	1	2	3	4	5	6	7
Week 2	8	9	10	11	12	13	14
Week 3	15	16	17	18	19	20	21
Week 4	22	23	24	25	26	27	28
Week 5	29	30	31	32	33	34	35
Week 6	36	37	38	39	40	41	42
Week 7	43	44	45	46	47	48	49
Week 8	50	51	52	53	54	55	56
Week 9	57	58	59	60	61	62	63
Week 10	64	65	66	67	68	69	70
Week 11	71	72	73	74	75	76	77
Week 12	78	79	80	81	82	83	84
Week 13	85	86	87	88	89	90	91
Week 14	92	93	94	95	96	97	98
Week 15	99						

100!

100 Day Challenge RULES:

The goal of the 100 Day Challenge is for each student to practice his or her instrument EVERY DAY for 100 days in a row.

Time with the instrument will be considered a practice session when effort has been put towards addressing specific suggestions from the previous lesson and progress toward accomplishing these goals has been achieved.

Minimum practice time is 20 minutes per day.

We do realize that it will be difficult to find the time and energy to practice 100 days in a row, which is why this is called a "Challenge." If trying to practice 100 days in a row proves to be too difficult, you can aim instead for 30 days in a row.

If you're sick during the challenge, doing fingerings while listening to a recording of your song as well as working on theory is also acceptable.

Date started: Month _____ Day _____

Date Finished: Month _____ Day _____