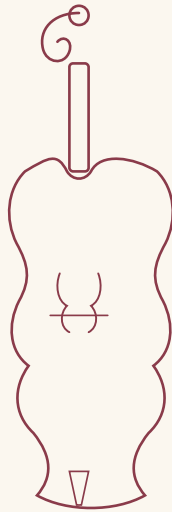


ONE MONTH, ONE HABIT

30-Day Practice Challenge Calendar

A DAILY PROMPT TO KEEP YOU MOVING FORWARD



"You don't rise to the level of your goals, you fall to the level of your habits."

30 DAYS

Practice Challenge Calendar



Day 1 Play your favorite warm-up ☐	Day 2 Practice scales, slow and even ☐	Day 3 Record yourself playing ☐	Day 4 Work on your hardest 4 measures ☐	Day 5 Practice with a metronome ☐	Day 6 Play something just for fun ☐
Day 7 Try a new bowing style ☐	Day 8 Practice shifting exercises ☐	Day 9 Sight-read something new ☐	Day 10 Practice vibrato for 5 min ☐	Day 11 Play for someone else ☐	Day 12 Work on dynamics in a piece ☐
Day 13 Practice with your eyes closed ☐	Day 14 Clean your violin and bow ☐	Day 15 Play a duet if you can ☐	Day 16 Practice double stops ☐	Day 17 Try playing from memory ☐	Day 18 Review last week's hardest spot ☐
Day 19 Practice arpeggios ☐	Day 20 Play through your whole piece list ☐	Day 21 Take a video for your teacher ☐	Day 22 Practice slow, then fast ☐	Day 23 Work on tricky rhythms ☐	Day 24 Play a scale in 3 rhythms ☐
Day 25 Practice intonation with a drone ☐	Day 26 Try a piece you haven't played in a while ☐	Day 27 Practice your recital piece ☐	Day 28 Give yourself a mini recital ☐	Day 29 Rest day — just listen to music ☐	Day 30 Celebrate 30 days of practice! ☐

Check off each box as you complete the day. Missed a day? Just pick back up — don't skip two in a row.



Thirty days from now, you'll be glad you started today.



30-DAY PRACTICE CHALLENGE CALENDAR