

The 365 Day Practice Challenge

The Goal here is to make your practice a part of your everyday routine. You will only need to practice the days you sleep or the days you eat! The amount of time is not as important as the act of just being with your instrument for a little while everyday. (Those who dedicate themselves to 20 minutes per day will have over 121 hours of practice invested.) You'll be a confident and advancing musician!

1	31	61	91	121	151	181	211	241	271	301	331	361
2	32	62	92	122	152	182	212	242	272	302	332	362
3	33	63	93	123	153	183	213	243	273	303	333	363
4	34	64	94	124	154	184	214	244	274	304	334	364
5	35	65	95	125	155	185	215	245	275	305	335	365
6	36	66	96	126	156	186	216	246	276	306	336	
7	37	67	97	127	157	187	217	247	277	307	337	
8	38	68	98	128	158	188	218	248	278	308	338	
9	39	69	99	129	159	189	219	249	279	309	339	
10	40	70	100	130	160	190	220	250	280	310	340	
11	41	71	101	131	161	191	221	251	281	311	341	
12	42	72	102	132	162	192	222	252	282	312	342	
13	43	73	103	133	163	193	223	253	283	313	343	
14	44	74	104	134	164	194	224	254	284	314	344	
15	45	75	105	135	165	195	225	255	285	315	345	
16	46	76	106	136	166	196	226	256	286	316	346	
17	47	77	107	137	167	197	227	257	287	317	347	
18	48	78	108	138	168	198	228	258	288	318	348	
19	49	79	109	139	169	199	229	259	289	319	349	
20	50	80	110	140	170	200	230	260	290	320	350	
21	51	81	111	141	171	201	231	261	291	321	351	
22	52	82	112	142	172	202	232	262	292	322	352	
23	53	83	113	143	173	203	233	263	293	323	353	
24	54	84	114	144	174	204	234	264	294	324	354	
25	55	85	115	145	175	205	235	265	295	325	355	
26	56	86	116	146	176	206	236	266	296	326	356	
27	57	87	117	147	177	207	237	267	297	327	328	
28	58	88	118	148	178	208	238	268	298	328	358	
29	59	89	119	149	179	209	239	269	299	329	359	
30	60	90	120	150	180	210	240	270	300	330	360	