

100 Days of Practice Challenge

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25 	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50 
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75 	76	77	78	79	80
81	82	83	84	85	86	87	88	89	90
91	92	93	94	95	96	97	98	99	100 

I started on this date: _____

I won on this date: _____

Student Signature: _____

Witness Signature: _____

What is the *100 Days of Practice Challenge*?

Become a proud member of the *100 Days of Practice Club* by practicing 100 days in a row! Keep track of your progress using a chart and stickers, and earn special recognition on milestone days. Winners will receive a trophy in honor of their accomplishment.

Rules

There is only one rule. **You must practice your instrument for 100 consecutive days – no excuses!** If you miss even one day of practice, you have to start the challenge all over again at Day 1. Exceptions to this rule are few, but include:

- 1) Student illness.
- 2) Family emergency.
- 3) Traveling without your instrument for 12 hours or more.

What counts as a practice session?

Depending on the student's age and/or circumstances, what goes into a good practice session may vary. Some students are comfortable spending an hour or more with their instrument, while others may prefer shorter, focused sessions. Work with your teacher to develop a routine that works for you. To give you some ideas of where to start, each of the following options might count as a *bare minimum* practice session:

- 1) Play your instrument for at least 15 minutes (you can set a timer if you like). At least 5 of the minutes should be spent on the current week's assignment, but the other 10 minutes can be free play (favorite pieces, scales, exercises you've learned, etc.) This is a good option for a relaxed practice time.
- 2) Warm up by reviewing at least two pieces you have learned previously, then complete all steps of the current week's practice assignment. Do not set a time limit for this option, but set at least two goals such as: "I will play this measure without mistakes three times in a row".
- 3) Pick one technique that you are working on (could be bow hold, left hand position, posture, etc.). Focus on perfecting this technique while playing a scale or a very easy piece you know well. Do this for at least 15 minutes.
- 4) Listen to the piece you are currently working on (via CD or Youtube) with the sheet music in front of you and your instrument in your hands. Listen at least two times, and follow along in the music. When you are done listening, practice playing the piece for at least 10 minutes.
- 5) Look up the composer of any of the music you are currently working on. Write down three facts you find interesting about that composer. Then practice your current week's assignment for at least 10 minutes.
- 6) Practice performing by giving a mini-concert for family or friends. The concert must include a warm-up of your choice (played "back stage" before the performance), plus two pieces you have learned/are learning. Don't forget to take a bow when you are finished!