



FiddleHed Fall Practice Challenge 2022

How many minutes a day will you practice? _____

Make it realistic so that you'll follow through.

Practice tracker

Place an 'X' for each day you practice. Small steps, small wins.

Mon. 10/10 Day 1	Tues. 10/11 Day 2	Wed. 10/12 Day 3	Thurs. 10/13 Day 4	Fri. 10/14 Day 5	Sat. 10/15 Day 6	Sun. 10/16 Day 7
Mon. 10/17 Day 8	Tues. 10/18 Day 9	Wed. 10/19 Day 10	Thurs. 10/20 Day 11	Fri. 10/21 Day 12	Sat. 10/22 Day 13	Sun. 10/23 Day 14



What is your main practice focus?

A tune, technique, improving tone, playing in tune, review, adding variation, improvisation, etc.



Who are you telling about this?

Tell at least one other person. This makes you accountable which means you're more likely to stick with it.

Have fun, and good luck...