



GET PERFORMANCE READY!

30 Day Guitar Playing Challenge

No.	Challenge	Recorded (video/audio)	Time practised	Teacher Checked	General notes
Day 1	Play with a metronome 50, 55, 60, 70bpm.				
Day 2	Learn the music slow and gradually speed up.				
Day 3	Practise anything during time you've scheduled.				
Day 4	Write 1 playing goal and Practise immediately.				
Day 5	Practise something you can't do.				
Day 6	Learn an open 7 th chord.				
Day 7	Practise one of you favourite songs.				
Day 8	Write your own piece of music.				
Day 9	Stand in front of a mirror, do an introduction and smile.				
Day 10	Write 4 strumming patterns and play it.				
Day 11	Play Happy Birthday.				
Day 12	Sing and play at the same time.				
Day 13	Play in time with a drum track. 50, 55, 60, 65, 70, 80 bmp.				
Day 14	Write 4 chords diagrams and time yourself.				
Day 15	Practise hitting the rights strings of G, C,				

Mobile: 07523 634248

Email: barry@dejagerguitarschool.co.uk

www.dejagerguitarschool.com

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	Am, Dm, D, and Em.				
Day 16	Play really quiet and gradually go louder.				
Day 17	Play a melody using a single string scale.				
Day 18	Make a picking pattern and play it to a family member or friend.				
Day 19	Practise power chords: F5, G5 And A5				
Day 20	Practise using a capo.				
Day 21	Focus on your fretting hand fingers being completely arched.				
Day 22	Imagine how all your chords look when you close your eyes.				
Day 23	Use any process to practise chords.				
Day 24	Close your eyes whilst practising chords. 2x close 4x open				
Day 25	Play strings 6 3 2 1 and 5 3 2 1 On chords that matches the Bass note.				
Day 26	Play a song intro using strings 5 and 6.				
Day 27	Listen to one of your favourite songs and strum along with it.				
Day 28	Make your own rhythms by clapping it first then playing it.				
Day 29	Stand up when practising or performing to someone at home.				
Day 30	Play Level 1 Em pentatonic scale.				