

Date: _____ Major goal for today:			
Goal for the week:			
Review "Seating Position" (p. 7): Comments/questions:			
Review "The Right Hand Position" (p. 12); Check RH position: remember , <i>no fingers touch the guitar top, and keep arch in wrist!</i>			
Review "The Left-Hand Position (p. 14); Check LH position: remember , <i>thumb remains behind the guitar's neck! Play from tips of fingers, keeping them curved</i> Comments/questions:			
Review "The Thumb Free Stroke" (p. 13) comments/questions:			
Thumb free strokes on open strings		Time spent:	Metronome speed:
chromatic scale with "p"		Time spent:	Metronome speed:
New assigned note-reading exercises (2 each day-see below)-book or handout Pre-reading the music (short sections) – See "How to Practice," p. 16			
<ul style="list-style-type: none"> • I read/clapped rhythms out loud (with metronome) <i>before</i> playing: yes no • I pointed at, and said note names aloud <i>before</i> playing yes no • I visualized each note's position on the instrument <i>before</i> playing yes no 			
1 st exercise Ex.# _____	Time spent (incl. pre-read):	Metronome speed	Comments, questions:
2 nd exercise Ex. # _____	Time spent (incl. pre-read):	Metronome speed	
Review exercises from previous day/week: Ex# _____ Ex. # _____ Time spent (incl. pre-read): Metronome speed			
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