## **Effective Training For Auckland Electric Guitarists**

www.AucklandGuitarMastery.co.nz

## The 30 Day Guitar Practice Challenge

Date Started:	_
Date Completed:	



Minimum daily practice amount = \_\_\_\_\_ minutes.

	Date	Practice Minutes Done		Date	Practice Minutes Done
1			16		
2			17		
3			18		
4			19		
5			20		
6			21		
7			22		
8			23		
9			24		
10			25		
11			26		
12			27		
13			28		
14			29		
15			30		