

Practice Chart

Use the chart below to track your practice. Set an obtainable goal of how much time per day you intend on practicing. Stick with it! See [Suggested Practice Durations](#).

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Suggested Practice Durations

- Beginners (20-30 minutes each day)
- Intermediate (45-60 minutes each day)
- Adavanced (1-2 hours per day)
- College Prep (2 hours+ each day)
- If you reach this point, you will see how much dedication it takes to succeed...Good Luck!