



28 Day Learn Guitar Challenge Practice Schedule

Practice 10-15 mins

Week 1

Day 1 - Watch video. Practice Spider Fingers, Em chord and D chord.

Day 2 - Spider Fingers

Day 3 - Learn Em and D chords. Practice switching quickly.

Day 4 - Spider fingers. Strumming Em and D chords with no pause.

Day 5 - Strumming between Em and D with upstroke after 4 down.

Day 6 - Rest

Day 7 - Rest

Week 2

Day 1 - Watch video. Practice G major scale, C chord and G chord.

Day 2 - G Major Scale. Up and Back.

Day 3 - Learn C and G chords. Switch quickly.

Day 4 - Spider Fingers, G major Scale, strumming C and G chords.

Day 5 - Strumming G, C, Em, and D chords together.

Day 6 - Rest

Day 7 - Rest

Week 3

Day 1 - Watch video. Practice whole scale. Review all chords.

Day 2 - G Major Scale up and back with alternate picking.

Day 3 - Quarter note and eighth note strumming on all 4 chords.

Day 4 - G major scale. Strumming pattern with all 4 chords
(D,D,U,U,D,U).

Day 5 - Strumming pattern on G,C,Em,D. Switch up the order.

Day 6 - Rest

Day 7 - Rest

Week 4

Day 1- Watch Video. Practice playing song with Tab.

Day 2 - Practice playing song with Chords (chord chart)

Day 3 - G major scale with alternate picking (go for speed)

Day 4 - Practice strumming patterns quickly with all 4 chords.

Day 5 - Practice what you want to brush up on. LAST DAY. Congrats!

Day 6 - Rest

Day 7 - Rest

Tune in for more videos on what to specifically play next!

Mr. Nick owns Spotlight Music Lessons in Northern Ca and may be available for private zoom or FaceTime lessons. Contact 916-771-0374 to set something up!