

Bass Guitar Practice Diary

| Exercises | WK1 | WK2 | WK3 | WK4 | WK5 | WK6 | Wk7 | Wk8 | WK9 | WK10 |
|--|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|
| Technical Exercises 5mins | | | | | | | | | | |
| Scales 5mins | | | | | | | | | | |
| Songs 10mins | | | | | | | | | | |
| Band Music 10mins | | | | | | | | | | |
| Sticker (If practiced 3+ x 1 week) | | | | | | | | | | |

*Each time you complete the activity for the allocated time, place a tick in the box for that week. E.g. if I practice long notes for 3mins 5 for 5 days in week 4, I will tick the long notes box 5 times in the WK4 column.