WEEKLY SUMMARY

Week of: _____

THE FIVE DAY REVIEW

		MINS	RATING
MONDAY	Focus _____		
TUESDAY	Focus _____		
WEDNESDAY	Focus _____		
THURSDAY	Focus _____		
FRIDAY	Focus _____		

THE WEEK IN NUMBERS

DAYS PRACTICED OUT OF SEVEN	TOTAL MINUTES	BEST CHORD CHANGE SCORE	TEMPO CHANGE THIS WEEK

CHORDS THAT MOVED

SOLID NOW	STILL SHAKY

WEEKLY CHECKLIST

- [ ] Recorded myself once
- [ ] Played one full song without stopping
- [ ] Practiced a new strum pattern
- [ ] Spent time playing by ear
- [ ] Played something purely for fun

ONE HONEST LINE ABOUT THIS WEEK

NEXT WEEK I WILL FOCUS ON _____