# PRACTICE SESSION LOG

Date: _____ Session Length: _____

## MINUTES BREAKDOWN

| TECHNIQUE | SONG WORK | JUST FOR FUN |
|---|---|---|
| | | |

## TODAY I DRILLED

## THE NUMBERS

| | | | |
|---|---|---|---|
| One minute chord changes | | One minute chord changes | |
| Chord pair used | | Chord pair used | |

## BODY CHECK

 ☐ Fingertips fine

 ☐ Wrist relaxed

 ☐ Shoulders down

 ☐ Thumb behind neck

## WHAT IMPROVED

## WHAT FOUGHT BACK



**TOMORROW I START WITH** _____