THE EIGHT WEEK LOOK BACK

Go back to week one and copy the numbers into the left column.

Week one date: _____ Today: _____

MEASURE	WEEK ONE	TODAY
Chord changes in sixty seconds		
Metronome tempo held clean		
Chords on my solid list		
Songs I can play cold		
Days practiced per week		
Clean strums out of ten		
Longest unbroken run through		

WHAT THE NUMBERS SAY

If the numbers are flat, the problem is almost never effort.
It is that you are practicing what you can already play.

SO FOR THE NEXT EIGHT WEEKS I WILL