

30 Days of Practice Challenge




Challenge lasts from March 1st through April 7th

1. Place a checkmark or sticker on each box after you practice for the day
2. Write the number of minutes you practiced each day
3. Once the 30 days are completed, place in black box on the entry table at BAMA

1	2	3	4	5	6
7	8	9	10 	11	12
13	14	15	16	17	18
19	20 	21	22	23	24
25	26	27	28	29	30 

Student Signature: _____ Witness Signature: _____

Each picture on the chart earns you the next level prize. A personalized medal will be awarded to the gold medal student who practices the most minutes. All participants will be recognized at our concert on **May 11, 2024**:

- 10 days– bronze medal 
- 20 days– silver medal 
- 30 days– gold medal 

***Extra Challenge:** any student who practices 100 consecutive days at any point will be awarded a trophy at the next school concert. Ask your teacher about entering the 100 days challenge!

What is the 30 Days of Practice Challenge?

Become a proud member of the 30 Days of Practice Club by practicing 30 days in a row!

Rules

There is only one rule. You must practice your instrument for 30 consecutive days – no excuses! If you miss even one day of practice, you have to start the challenge all over again on Day 1. Exceptions to this rule are few, but include:

1. Student illness
2. Family emergency
3. Traveling without your instrument for 12 hours or more

What counts as a practice session?

Depending on the student's age and/or circumstances, what goes into a good practice session may vary. Some students are comfortable spending an hour or more with their instrument, while others may prefer shorter, focused sessions. Work with your teacher to develop a routine that works for you. To give you some ideas of where to start, each of the following options might count as a bare minimum practice session:

1. Play your instrument for at least 15 minutes (you can set a timer if you like). At least 10 of the minutes should be spent on the current week's assignment, but the other 5 minutes can be free play (favorite pieces, scales, exercises you've learned, etc.) This is a good option for a relaxed practice time.
2. Warm up by reviewing at least two pieces you have learned previously, then complete all steps of the current week's practice assignment. Do not set a time limit for this option, but set at least two goals such as: "I will play this measure without mistakes three times in a row".
3. Pick one technique that you are working on (could be bow hold, hand position, posture, etc.)
4. Focus on perfecting this technique while playing a scale or a very easy piece you know well. Do this for at least 15 minutes.
5. Listen to the piece you are currently working on (via CD or YouTube) with the sheet music in front of you and your instrument in your hands. Listen at least two times, and follow along in the music. When you are done listening, practice playing the piece for at least 10 minutes.
6. Look up the composer of any of the music you are currently working on. Write down three facts you find interesting about that composer. Then practice your current week's assignment for at least 10 minutes.
7. Practice performing by giving a mini-concert for family or friends. The concert must include a warm-up of your choice (played "backstage" before the performance), plus two pieces you have learned/are learning. Don't forget to take a bow when you are finished!

Quick Tips!

- 15 Minutes = 10 on new + 5 on review
- Work Spots = 3 times in row
- Goals Session = Work on a Skill
- Listen First = Listen then Play
- Couch Concert = Practice Performing at Home