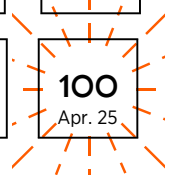




100 DAYS OF PRACTICE CHALLENGE

1 Jan. 17	2	3	4	5	6	7	8 Jan. 24	9	10	11	12	13	14	15 Jan. 31
16 Feb. 1	17	18	19	20	21	22	23 Feb. 8	24	25 Keep going!	26	27	28	29	30 Feb. 15
31 Feb. 16	32	33	34	35	36	37	38 Feb. 23	39	40	41	42	43	44	45 Mar. 1
46 Mar. 2	47	48	49	50 Halfway!	51	52	53 Mar. 9	54	55	56	57	58	59	60 Mar. 16
61 Mar. 17	62	63	64	65	66	67	68 Mar. 24	69	70	71	72	73	74	75 Mar. 31
76 Apr. 1	77	78	79	80 Almost there!	81	82	83 Apr. 8	84	85	86	87	88	89	90 Apr. 15
91 Apr. 16	92	93	94	95	96	97								
98 Apr. 23	99	100 Apr. 25												



Rules:

- The challenge starts January 17th and ends on April 25th.
- Students are asked to practice their instrument or sing for 100 consecutive days. No skipping days!
- Scan the QR code to the right to enroll your student(s) in the practice challenge!
- Private GSM Prep lessons and group classes count as practice for the day.
- A parent or GSM Prep instructor must sign off your daily practice box.
- HAVE FUN!

Questions? Call 405-744-6133 or email GSMPrep@okstate.edu

To complete the 100 Days of Practice Challenge, you can:

- Play your instrument or sing for at least 20 minutes. At least 5 of the minutes should be spent on scales or warmups, and the other 10-15 minutes can be free play such as favorite pieces, new pieces, exercises you've learned, or private lesson assignments, etc.
- Pick one technique that you are working on. For example, it can be your bow hold, left hand position, posture, etc. Focus on perfecting this technique while playing a scale or a very easy piece you know well. Do this for at least 15 minutes.
- 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 a piece you have learned/are learning. Don't forget to take a bow when you are finished!
- Warm up by reviewing at least two pieces you have learned previously, then work on something new! Set at least two goals such as: "I will play this measure without mistakes three times in a row".