



GREENWOOD SCHOOL OF MUSIC
PREPARATORY ACADEMY

75 DAYS OF PRACTICE CHALLENGE

1 Sept. 8	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25 Keep going!	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40	41	42	43	44	45
46	47	48	49	50 Almost there!	51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70	71	72	73	74	75 Nov. 22

Rules:

- The challenge starts September 8th and ends on November 22nd.
- Students are asked to practice their instrument or sing for 75 consecutive days. No skipping days!
- Private GSM Prep lessons count as practice for the day.
- A parent or GSM Prep instructor must sign off your daily practice box.
- HAVE FUN!

To complete the 75 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".

Questions? Email GSMPrep@okstate.edu