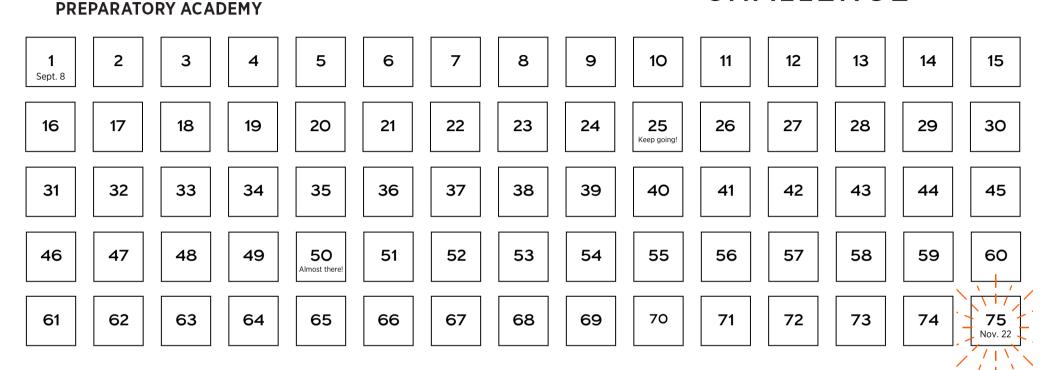


75 DAYS OF PRACTICE CHALLENGE



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!

Questions? Email GSMPrep@okstate.edu

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".