



# 75 Days of Practice Challenge

## Rules

- The challenge starts **September 09th** 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 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 405-744-8998 or email  
[GSMPrep@okstate.edu](mailto:GSMPrep@okstate.edu)

## How To Complete the Challenge

- Play your instrument or sing for at least 20 minutes. At least 5 of the minutes should be spent on scales or warm-ups, 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".

Click to the right of each day to mark complete.

<b>1</b> Sep 09	<b>11</b>	<b>21</b>	<b>31</b>	<b>41</b>	<b>51</b> Almost There	<b>61</b>	<b>71</b> Nov 18
<b>2</b>	<b>12</b>	<b>22</b> Sep 30	<b>32</b>	<b>42</b>	<b>52</b>	<b>62</b>	<b>72</b>
<b>3</b>	<b>13</b>	<b>23</b>	<b>33</b>	<b>43</b> Oct 21	<b>53</b>	<b>63</b>	<b>73</b>
<b>4</b>	<b>14</b>	<b>24</b>	<b>34</b>	<b>44</b>	<b>54</b>	<b>64</b> Nov 11	<b>74</b>
<b>5</b>	<b>15</b> Sep 23	<b>25</b> Keep Going	<b>35</b>	<b>45</b>	<b>55</b>	<b>65</b>	<b>75</b> Nov 22
<b>6</b>	<b>16</b>	<b>26</b>	<b>36</b> Oct 14	<b>46</b>	<b>56</b>	<b>66</b>	
<b>7</b>	<b>17</b>	<b>27</b>	<b>37</b>	<b>47</b>	<b>57</b> Nov 04	<b>67</b>	
<b>8</b> Sep 16	<b>18</b>	<b>28</b>	<b>38</b>	<b>48</b>	<b>58</b>	<b>68</b>	
<b>9</b>	<b>19</b>	<b>29</b> Oct 07	<b>39</b>	<b>49</b>	<b>59</b>	<b>69</b>	
<b>10</b>	<b>20</b>	<b>30</b>	<b>40</b>	<b>50</b> Oct 28	<b>60</b>	<b>70</b>	