

2 Week Fingertip Plan

A free daily log from Maxim's Guitar Workshop for sore fingertips from guitar. Play two short sessions a day, tick each box you complete and score your soreness from 1 (fine) to 5 (very sore). Calluses often take about 2 to 4 weeks to form. That is typical, not a promise: repeat any days you need.

The plan

Days	Playing	Focus
Days 1 to 3	2 sessions of 5 to 10 minutes	Single notes and easy chords. Find the lightest pressure that rings clean.
Day 4	Rest or 5 easy minutes	Check your tips. Tender is fine. Blisters mean rest.
Days 5 to 7	2 sessions of 10 minutes	Fret close to the fret wire. Relax the thumb.
Days 8 to 10	2 sessions of 10 to 15 minutes	Chord changes with a light touch.
Day 11	Rest or 10 easy minutes	Compare how your tips feel with day 1.
Days 12 to 14	2 sessions of 15 minutes	Short songs with short breaks between them.

Every session: tune first. Keep fretting hand nails short. Press only until the note rings, then stop adding pressure. Fret just behind the fret wire. Stop while your tips feel tender, not raw. A lighter string set and a professional setup with lower action can make a big difference.

Week 1 (days 1 to 7)

Daily item	D1	D2	D3	D4	D5	D6	D7
Session 1 done (minutes as planned below)	☐	☐	☐	☐	☐	☐	☐
Session 2 done	☐	☐	☐	☐	☐	☐	☐
Pressed only as hard as needed, fretted near the fret	☐	☐	☐	☐	☐	☐	☐
Hands dry before playing, no long soak just before	☐	☐	☐	☐	☐	☐	☐
Soreness score 1 to 5 (write it in)							
Blister or broken skin? Tick means REST today	☐	☐	☐	☐	☐	☐	☐
Checkpoint: Played on at least 5 of the 7 days with no blisters	☐						

Week 2 (days 8 to 14)

Daily item	D8	D9	D10	D11	D12	D13	D14
Session 1 done (minutes as planned below)	☐	☐	☐	☐	☐	☐	☐
Session 2 done	☐	☐	☐	☐	☐	☐	☐
Pressed only as hard as needed, fretted near the fret	☐	☐	☐	☐	☐	☐	☐
Hands dry before playing, no long soak just before	☐	☐	☐	☐	☐	☐	☐
Soreness score 1 to 5 (write it in)							
Blister or broken skin? Tick means REST today	☐	☐	☐	☐	☐	☐	☐
Checkpoint: Two 15 minute sessions feel comfortable on day 14 ☐							

Do not

Superglue	Can irritate or burn skin and covers the skin you are trying to toughen.
Needles or picking	Do not burst blisters or cut calluses off yourself.
Playing on blisters	Rest until healed. A minor blister often takes a week or two.
Vinegar and similar	Home remedies like these are not effective for blisters.

Stop and see a GP or physio if

A blister breaks or looks infected (red, swollen, more painful or with pus). You feel numbness or tingling in your fingers or hand, or your grip feels weak. Pain spreads beyond the fingertips into the wrist, forearm or arm. Pain lasts more than a few days after resting. In Australia you can also call healthdirect on 1800 022 222.

My notes	Start date _____	Guitar and strings _____
	Day 1 soreness _____	Day 14 soreness _____
	First song played _____	Next goal _____

This is general information, not medical advice. Some fingertip soreness is common at first. Full guide:
maximguitarworkshop.com/sore_fingertips_from_guitar