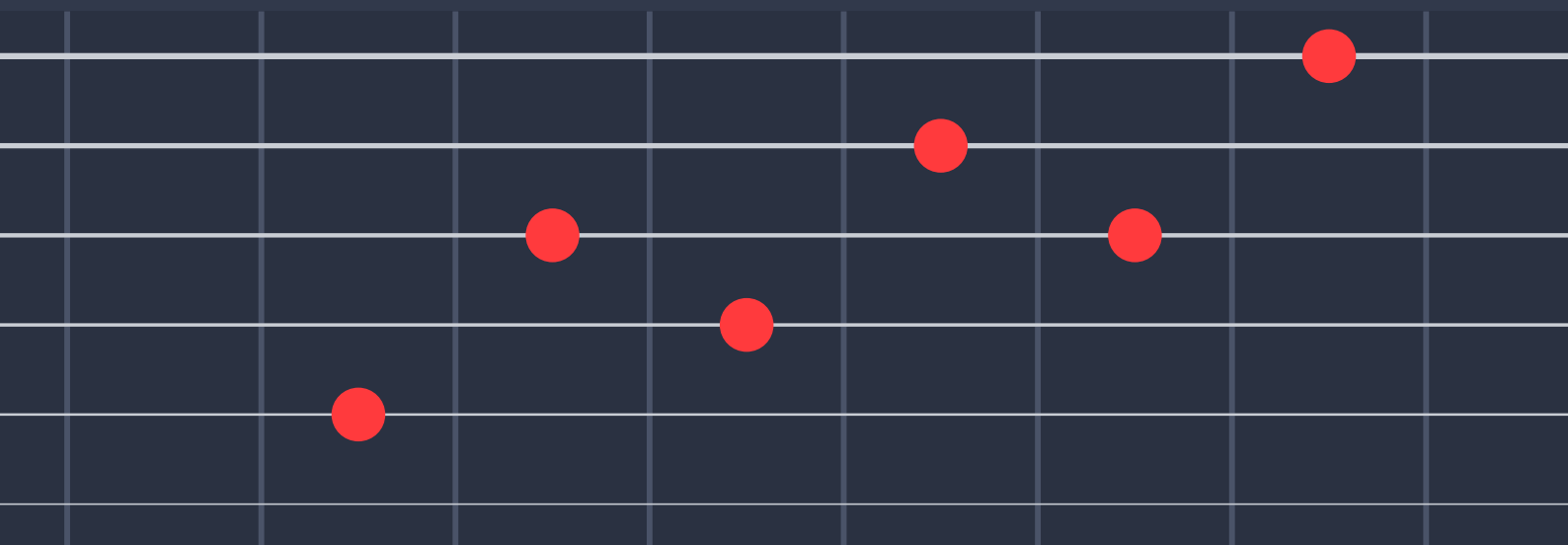




GUITAR PRACTICE LOG

Built from how rock and metal pros practise

Plan it, play it, track it: warm up, technique, rhythm, repertoire, theory, creativity.

THIS LOG BELONGS TO

NAME

INSTRUMENT

TEACHER

START DATE

CURRENT LEVEL (TICK ONE)

☐ Beginner ☐ Intermediate ☐ Advanced

Six rules drawn from the pros and from research on how musicians learn

1

PLAN BEFORE YOU PLAY

Decide your minutes, then split them into blocks for each subject.

Source: John Petrucci's 15 minute parcels

2

SHORT AND OFTEN BEATS LONG AND RARE

Keep blocks under an hour, take breaks, and spread practice across the day and the week.

Source: Ericsson et al. 1993; Simmons 2012; Joe Satriani

3

COUNT CLEAN REPS, NOT JUST MINUTES

Accuracy predicts what sticks overnight. Only raise the BPM after a run of clean repetitions.

Source: Duke, Simmons and Cash 2009; Steve Vai

4

PRACTISE WHAT YOU CAN'T PLAY YET

Some of it should sound rough, but slow it down until most attempts are correct.

Source: Guthrie Govan

5

MIX IT UP ONCE YOU'RE PAST THE BASICS

Rotate two or three exercises in short chunks instead of drilling one for an hour.

Source: Carter and Grahn 2016

6

RECORD YOURSELF AND PROTECT YOUR HANDS

Listen back against the click. Stop if anything hurts and get persistent pain checked.

Source: Misha Mansoor; Rozanski et al. 2015

DAILY LOG LEGEND

Note value	8ths, triplets or 16ths
BPM start / end	first and best clean tempo today
Clean reps	in a row at the end BPM (aim 3 to 5)
Vai challenge	11 clean in a row before speeding up
Hand check	0 means no pain, 10 means severe
Energy	1 is flat, 5 is fired up

SPEED IN NOTES PER SECOND

$$\text{BPM} \times \text{notes per beat} \div 60$$

16ths at 120 BPM = 8 notes per second

Always write the note value next to the BPM: 120 BPM means nothing on its own. Triplets at 120 BPM are 6 notes per second.

The suggested time split and all nine routines are on page 8.

One term or 12 weeks. Make every goal specific, measurable and dated.

BIG GOAL FOR THIS TERM

FOR EXAMPLE: PLAY THE SOLO FROM A SONG AT FULL TEMPO, WRITE AND RECORD TWO RIFFS

WHY THIS MATTERS TO ME

SMART SUB GOALS

#	What exactly	Measurable target (BPM, section, riffs)	Deadline	Wk 4	Wk 8	Wk 12
1						
2						
3						
4						
5						

TECHNIQUE BPM TARGETS

Exercise	Note value	Current clean BPM	Target BPM	Deadline

REPERTOIRE TARGETS

Song	Section (bars or time)	Target tempo (% of record)	Deadline

GIG, EXAM OR RECORDING DATES

REAL DEADLINES MAKE YOU WORK HARDER (MARTY FRIEDMAN)

TEACHER SIGN OFF

COMMENTS, SIGNATURE AND DATE

WEEKLY PLANNER

GUITAR PRACTICE LOG

Plan the blocks, then fill in what you actually did

WEEK NO.	DATES	WEEKLY FOCUS (ONE SENTENCE)
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Day	Planned minutes	Warm up	Technique	Rhythm	Repertoire	Theory and ear	Creativity	Actual minutes	Rest or light day
Mon		☐	☐	☐	☐	☐	☐		☐
Tue		☐	☐	☐	☐	☐	☐		☐
Wed		☐	☐	☐	☐	☐	☐		☐
Thu		☐	☐	☐	☐	☐	☐		☐
Fri		☐	☐	☐	☐	☐	☐		☐
Sat		☐	☐	☐	☐	☐	☐		☐
Sun		☐	☐	☐	☐	☐	☐		☐

Tick each block you plan to do, or write its minutes. Plan at least one rest or light day.

ROTATION PLAN: TWO OR THREE TECHNIQUE ITEMS

Technique item	Days (for example Mon, Wed, Fri)

END OF WEEK REVIEW

WARM UP	TECHNIQUE	RHYTHM	REPERTOIRE	THEORY AND EAR	CREATIVITY	TOTAL
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BIGGEST WIN	BIGGEST PROBLEM
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BPM CHANGES THIS WEEK	ONE CHANGE FOR NEXT WEEK
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HAND AND BODY CHECK

☐ No pain this week ☐ Some pain or tension

Where? _____ How bad (circle): 0 1 2 3 4 5 6 7 8 9 10

Pain that lasts, loss of control or cramping: see a GP or a physiotherapist who works with musicians. Not medical advice.

DAILY LOG

GUITAR PRACTICE LOG

Day A of the week: one page per practice day

DATE	START TIME	FINISH TIME	PLANNED MINUTES	ENERGY 1 TO 5 (CIRCLE) 1 2 3 4 5
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HAND CHECK BEFORE PLAYING (PAIN 0 TO 10, CIRCLE):	0	1	2	3	4	5	6	7	8	9	10
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WARM UP

WHAT I DID	MINUTES	☐ Gentle, no pain
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TECHNIQUE

Exercise	Note value	BPM start	BPM end	Clean reps in a row	Minutes	Comment

Raise the BPM by 2 to 5 only after 3 to 5 clean reps in a row (11 for the Vai challenge).

RHYTHM

RIFF OR PATTERN	BPM	MINUTES	☐ Click or backing	☐ Recorded
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REPERTOIRE

SONG	SECTION (BARS OR TIME)	TEMPO %	PROBLEMS SPOTTED	MIN
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THEORY AND EAR

TOPIC (MODE, ARPEGGIO, READING, SINGING)	MIN
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CREATIVITY

IDEA TYPE, KEY, TEMPO, FILE NAME	MIN
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WHAT WENT WRONG, WHERE, WHY, FIX

WHAT WENT WRONG?	WHERE EXACTLY? (BAR, BEAT, STRING)
WHY DID IT HAPPEN?	WHAT FIXED IT?

WHAT I WILL START WITH TOMORROW

TOTAL MINUTES

WARM UP	TECHNIQUE	RHYTHM	REPERTOIRE	THEORY, EAR	CREATIVITY	GRAND TOTAL
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BREAKS TAKEN: ☐ ☐ ☐ ☐	HAND CHECK AFTER (0 TO 10):	0	1	2	3	4	5	6	7	8	9	10
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DAILY LOG

GUITAR PRACTICE LOG

Day B of the week: one page per practice day

DATE	START TIME	FINISH TIME	PLANNED MINUTES	ENERGY 1 TO 5 (CIRCLE) 1 2 3 4 5
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HAND CHECK BEFORE PLAYING (PAIN 0 TO 10, CIRCLE):	0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	---	----

WARM UP

WHAT I DID	MINUTES	☐ Gentle, no pain
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TECHNIQUE

Exercise	Note value	BPM start	BPM end	Clean reps in a row	Minutes	Comment

Raise the BPM by 2 to 5 only after 3 to 5 clean reps in a row (11 for the Vai challenge).

RHYTHM

RIFF OR PATTERN	BPM	MINUTES	☐ Click or backing	☐ Recorded
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REPERTOIRE

SONG	SECTION (BARS OR TIME)	TEMPO %	PROBLEMS SPOTTED	MIN
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THEORY AND EAR

TOPIC (MODE, ARPEGGIO, READING, SINGING)	MIN
--	-----

CREATIVITY

IDEA TYPE, KEY, TEMPO, FILE NAME	MIN
----------------------------------	-----

WHAT WENT WRONG, WHERE, WHY, FIX

WHAT WENT WRONG?	WHERE EXACTLY? (BAR, BEAT, STRING)
WHY DID IT HAPPEN?	WHAT FIXED IT?

WHAT I WILL START WITH TOMORROW

TOTAL MINUTES

WARM UP	TECHNIQUE	RHYTHM	REPERTOIRE	THEORY, EAR	CREATIVITY	GRAND TOTAL
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BREAKS TAKEN: ☐ ☐ ☐ ☐	HAND CHECK AFTER (0 TO 10):	0	1	2	3	4	5	6	7	8	9	10
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MONTHLY BPM TRACKER

Write your best clean BPM each day you practise the exercise

MONTH AND YEAR

Plateau rule: if a tempo stalls for two weeks, drop 10 to 20% and rebuild cleanly.

Exercise	Note value	Start BPM	Target BPM	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
1.																																		
2.																																		
3.																																		
4.																																		
5.																																		
6.																																		
7.																																		
8.																																		

BPM GAINED THIS MONTH

NOTES PER SECOND NOW

PLATEAU NOTES

NEXT MONTH'S TARGETS

TIME SPLIT AND ROUTINES AT A GLANCE

Inferred from the pros' routines, not a measured study. Adjust to your level.

SUGGESTED DEFAULT SPLIT

10%	25%	15%	25%	10%	15%
Warm up	Technique	Rhythm	Repertoire	Theory and ear	Creativity

Beginners shift time from technique to repertoire and rhythm. Advanced players shift toward technique, hard passages and writing.

	30 MINUTES	60 MINUTES	120 MINUTES
BEGINNER	Warm up 3 Technique 7 Rhythm 5 Repertoire 10 Theory and ear 2 Creativity 3	Warm up 5 Technique 12 Rhythm 10 Break 3 Repertoire 18 Theory and ear 5 Creativity 5 Log 2	A: warm up 5, technique 15, rhythm 15, repertoire 20 Breaks 10 B: warm up 5, repertoire 20, theory and ear 10, creativity 15, log 5 120 minutes is optional
INTERMEDIATE	Warm up 3 Technique 8 (one item) Rhythm 5 Repertoire 8 (hardest bit) Theory and ear 3 Creativity 3	Warm up 5 Technique 15 (3 × 5 min) Rhythm 10 Repertoire 15 Theory and ear 5 Creativity 8 (recorded) Log 2	Block 1: warm up 8, technique 25, rhythm 15, theory and ear 10, log 2 Break 10 Block 2: repertoire 25, creativity 20, log 5
ADVANCED	Warm up 5 Technique 10 (gig parts) Repertoire 10 (at tempo) Creativity 3 Log 2 Show day: keep the warm up before it light	Warm up 6 Technique 18 (interleave) Rhythm 10 (click, recorded) Repertoire 14 Theory and ear 6 Creativity 6	Block 1: warm up 8, technique 30 (3 × 10), rhythm 15, theory 5, log 2 Break 10 Block 2: repertoire 25, creativity and writing 20, log 5

All routines: warm up gently, never to pain. Split anything over 60 minutes into blocks with a break, ideally hours apart. Use the last 2 to 5 minutes for your log.

REPERTOIRE TRACKER

Songs and sections, from learning to gig ready

GUITAR PRACTICE LOG

Song	Artist	Sections learnt	Tempo %	Learning	Solid	Gig ready
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				☐	☐	☐
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				☐	☐	☐
				☐	☐	☐

Learn songs by ear where you can: Slash, Dimebag, Zakk Wylde and Kirk Hammett all learned from records.

RIFF AND IDEA BANK

Record every idea on your phone, then log it here so you can find it again

[illegible]

Kirk Hammett asks himself "do I have any riffs in me" every morning. Zakk Wylde calls writing "the best way to evolve".