

Daily guitar practice routine

Choose 15, 30 or 60 minutes. The schedules match the online guide.

15 minutes / the short session

Time	Block	What to play
0-3	Warm-up	Slow, comfortable finger movement; no tempo pressure.
3-10	Main skill	One beginner drill, scale position or synchronization exercise.
10-15	Rhythm and fun	Triplets with a click; finish with a minute of music you enjoy.

30 minutes / technique and music

Time	Block	What to play
0-5	Warm-up	Gentle movement, then slow synchronization.
5-15	Technique	One focus for the week, such as single-string muting; log clean BPM.
15-22	Control	Vibrato, bends or dynamics; listen for consistent sound.
22-30	Repertoire	One manageable song section, slowly enough to stay in control.

60 minutes / the full session

Time	Block	What to play
0-8	Warm-up and sync	Gentle movement and slow spider patterns.
8-23	Technique	One rotating technique focus with a metronome.
23-33	Scales and fretboard	One position, then find and name its notes.
33-41	Ear training	Recognize intervals; check each answer.
41-50	Improvisation	Use one constraint, such as three notes only.
50-60	Repertoire	Song work; finish with a short recording.

Choose the length you can sustain today. Use comfortable tempos, take breaks as needed and stop if playing hurts. Record one result on page two. For detailed drill instructions, visit the guide below.

Weekly practice log

Record what happened, then choose one next step. Print a fresh copy each week.

Week beginning: _____ Main priority: _____

Date / routine	Minutes	Exercise / result	Next step

One improvement I can demonstrate

One recurring difficulty

Next week's priority and first exercise

Compare the same exercise, tempo subdivision and success criterion. Paper notes are not automatically imported into Riff Quest.