

Guitar practice journal

One session. One clear goal. One next step.

Date: _____ Available minutes: _____

Today's specific goal

Example: Am to C for eight bars without stopping. Use a target you can check.

What I actually practiced

Exercise / song section	Minutes	BPM + subdivision	Result / observation

BPM is optional. For ear training, bends or repertoire, record accuracy or a completed passage instead. Keep tempo and subdivision together, e.g. 60 BPM / eighth notes.

What improved or needs attention?

Start the next session with...

Fill this in before putting the guitar away. Print for handwriting or annotate in a PDF reader; this is not a fillable form.

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.