



100 Days of Practice Challenge

Rules

- The challenge starts **January 13th** and ends on **April 22nd**.
- Students are asked to practice their instrument or sing for 100 consecutive days. **No skipping days!**
- Scan the QR code below to go to [100 Day Practice Challenge Sign Up form](#) to enroll your student(s) in the practice challenge!
- 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 405-744-6133 or email 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.

1 Jan 13	11	21	31	41	51 Half Way	61	71 Mar 24	81	91
2	12	22 Feb 03	32	42	52	62	72	82	92 Apr 14
3	13	23	33	43 Feb 24	53	63	73	83	93
4	14	24	34	44	54	64 Mar 17	74	84	94
5	15 Jan 27	25 Keep Going	35	45	55	65	75 Almost There	85 Apr 07	95
6	16	26	36 Feb 17	46	56	66	76	86	96
7	17	27	37	47	57 Mar 10	67	77	87	97
8 Jan 20	18	28	38	48	58	68	78 Mar 31	88	98
9	19	29 Feb 10	39	49	59	69	79	89	99
10	20	30	40	50 Mar 03	60	70	80	90	100 Apr 22