



PREPARATORY ACADEMY

Michael and Anne Greenwood School of Music

75 Days of Practice Challenge

Starts: Sept 8th, 2025 and ends: Nov. 21st, 2025

Name: _____

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".



Rules

- Students are asked to practice their instrument or sing for 75 consecutive days. No skipping days!
- 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!

1 9/8	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25 10/02	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40
41	42	43	44	45	46	47	48	49	50 10/27
51	52	53	54	55	56	57	58	59	60
61	62	63	64	65	66	67	68	69	70
71	72	73	74	75 11/21					

