






















































































































































































































































































































# 100-Day Practice Challenge 2020

Name: \_\_\_\_\_

Daily Practice Goal: \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Jan. 19 (Day 1) Time: _____   	Jan. 20 (Day 2) Time: _____   	Jan. 21 (Day 3) Time: _____   	Jan. 22 (Day 4) Time: _____   	Jan. 23 (Day 5) Time: _____   	Jan. 24 (Day 6) Time: _____   	Jan. 25 (Day 7) Time: _____   
Jan. 26 (8) Time: _____   	Jan. 27 (9) Time: _____   	Jan. 28 (10) Time: _____   	Jan. 29 (11) Time: _____   	Jan. 30 (12) Time: _____   	Jan. 31 (13) Time: _____   	Feb. 1 (14) Time: _____   
Feb. 2 (15) Time: _____   	Feb. 3 (16) Time: _____   	Feb. 4 (17) Time: _____   	Feb. 5 (18) Time: _____   	Feb. 6 (19) Time: _____   	Feb. 7 (20) Time: _____   	Feb. 8 (21) Time: _____   
Feb. 9 (22) Time: _____   	Feb. 10 (23) Time: _____   	Feb. 11 (24) Time: _____   	Feb. 12 (25) Time: _____   	Feb. 13 (26) Time: _____   	Feb. 14 (27) Time: _____   	Feb. 15 (28) Time: _____   
Feb. 16 (29) Time: _____   	Feb. 17 (30) Time: _____   	Feb. 18 (31) Time: _____   	Feb. 19 (32) Time: _____   	Feb. 20 (33) Time: _____   	Feb. 21 (34) Time: _____   	Feb. 22 (35) Time: _____   
Feb. 23 (36) Time: _____   	Feb. 24 (37) Time: _____   	Feb. 25 (38) Time: _____   	Feb. 26 (39) Time: _____   	Feb. 27 (40) Time: _____   	Feb. 28 (41) Time: _____   	Feb. 29 (42) Time: _____   
Mar. 1 (43) Time: _____   	Mar. 2 (44) Time: _____   	Mar. 3 (45) Time: _____   	Mar. 4 (46) Time: _____   	Mar. 5 (47) Time: _____   	Mar. 6 (48) Time: _____   	Mar. 7 (49) Time: _____   
Mar. 8 (50) Time: _____   	Mar. 9 (51) Time: _____   	Mar. 10 (52) Time: _____   	Mar. 11 (53) Time: _____   	Mar. 12 (54) Time: _____   	Mar. 13 (55) Time: _____   	Mar. 14 (56) Time: _____   
Mar. 15 (57) Time: _____   	Mar. 16 (58) Time: _____   	Mar. 17 (59) Time: _____   	Mar. 18 (60) Time: _____   	Mar. 19 (61) Time: _____   	Mar. 20 (62) Time: _____   	Mar. 21 (63) Time: _____   
Mar. 22 (64) Time: _____   	Mar. 23 (65) Time: _____   	Mar. 24 (66) Time: _____   	Mar. 25 (67) Time: _____   	Mar. 26 (68) Time: _____   	Mar. 27 (69) Time: _____   	Mar. 28 (70) Time: _____   
Mar. 29 (71) Time: _____   	Mar. 30 (72) Time: _____   	Mar. 31 (73) Time: _____   	Apr. 1 (74) Time: _____   	Apr. 2 (75) Time: _____   	Apr. 3 (76) Time: _____   	Apr. 4 (77) Time: _____   
Apr. 5 (78) Time: _____   	Apr. 6 (79) Time: _____   	Apr. 7 (80) Time: _____   	Apr. 8 (81) Time: _____   	Apr. 9 (82) Time: _____   	Apr. 10 (83) Time: _____   	Apr. 11 (84) Time: _____   
Apr. 12 (85) Time: _____   	Apr. 13 (86) Time: _____   	Apr. 14 (87) Time: _____   	Apr. 15 (88) Time: _____   	Apr. 16 (89) Time: _____   	Apr. 17 (90) Time: _____   	Apr. 18 (91) Time: _____   
Apr. 19 (92) Time: _____   	Apr. 20 (93) Time: _____   	Apr. 21 (94) Time: _____   	Apr. 22 (95) Time: _____   	Apr. 23 (96) Time: _____   	Apr. 24 (97) Time: _____   	Apr. 25 (98) Time: _____   
Apr. 26 (99) Time: _____   	Apr. 27 (100) Time: _____   	Apr. 28 (101) Time: _____   	Apr. 29 (102) Time: _____   	Apr. 30 (103) Time: _____   	Spring Recital & Trophy Ceremony Sunday, May 3	

# Guidelines for 100-Day Practice Challenge

1. The goal is to practice for the **length of your lesson** (30, 45 or 60-minutes), for one hundred days in a row. The start date is January 19, regardless of each student's specific lesson day. Students ages 3-4 typically have a practice requirement of 15-minutes. Your teacher may have another goal recommendation.
2. If practicing one hundred days sounds overwhelming, **smaller goals** are also available: 10 days, 25 days, and 50 days. Start anytime and let your teacher know what you've completed so you can earn prizes.
3. All students will fill out the practice chart through April 30, whether or not they miss days along the way. This will be reviewed at each lesson with your teacher.
4. *New this year!* 😊😐😞 In addition to writing in how many minutes you practice each day, color in the student's daily **attitude** about practice. Five smiley faces each week will earn a mystery prize at your lesson! Need help with a good attitude? Ask your teacher about strategies for making practice time fun and read the book *Beyond the Music Lesson* for inspiration.
5. See the list below for ideas for filling up your practice time. "Practice" does *not* include your lesson or time spent participating in a school or large ensemble (for example, band class or after-school orchestra).
6. Prizes are awarded to students at different levels of achievement (10, 25, 50, 100 days). Students who successfully practice 100 days in a row will receive a trophy at our recital on May 3rd, as well as their names engraved on a permanent plaque in the studio.
7. Students are allowed **three skip days** throughout the challenge. Replacement practice days may then be added at the very end of the 100 days, on April 28, 29 and 30, if needed.
8. Through the years, this has been a meaningful way to honor the top performers in our studio. And the best part is that all the students have the opportunity to succeed, regardless of their age or level.

## What counts as "practice"?

- Assignments from your lesson
- Music and rhythm reading apps
- Note flashcards
- Attend a concert
- Scales and arpeggios
- Sing through your lesson music
- Listen to your Suzuki album actively
- Suzuki Group Class
- Perform for friends and family
- Compose a song
- Review music you've already learned
- Do finger strengthening exercises
- Invite friends over and make music together
- Count and clap the rhythms in your lesson music
- Try a new movie or pop music book (ask your teacher for recommendations)
- Research a famous composer and report back to your teacher what you learned
- Make and send a short video to your teacher to ask for pointers mid-week
- Watch a YouTube video of a famous musician and take notes on what you hear to show your teacher

*"The 100-Day Practice Challenge is so good for us. I need the push and accountability as much as the kids do."*  
-Dan

*"I couldn't believe the progress that my kids made in those 100 days!"*  
-Jen

*"The first two weeks are the hardest to get our routine down. After that, it's just a part of our schedule."*  
-Jessica

*Happy practicing and don't forget to reach out to our loving and creative teachers if you need help!*