












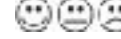




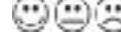
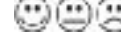
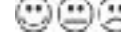




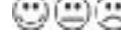
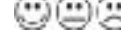
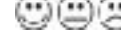



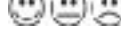


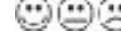



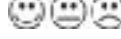
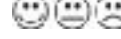
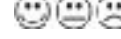
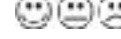









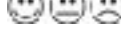
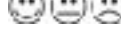

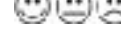
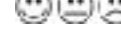


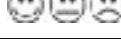
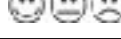




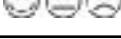
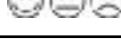
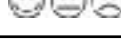

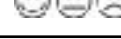
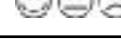
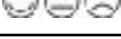
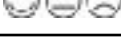
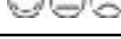
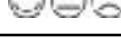
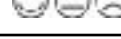
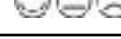
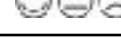



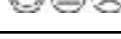
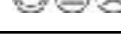
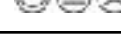
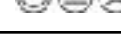


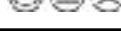
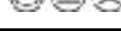
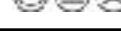
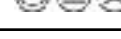
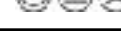



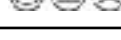

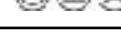
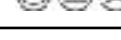







100-Day Practice Challenge 2024

Name: _____ Daily Practice Goal: _____

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

Guidelines for 100-Day Practice Challenge

1. The goal is to practice the amount of time your teacher recommends for one hundred days in a row. The start date is January 21, regardless of each student's specific lesson day.
2. All students will fill out the practice chart through April 29, whether or not they miss days along the way. This will be reviewed at each lesson with your teacher.
3. 😊😐😞 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* by Christine Goodner for inspiration.
4. 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, orchestra or choir class).
5. Students who successfully practice 100 days in a row will receive a trophy at our recital on May 18th, as well as their names engraved on a permanent plaque in the studio.
6. 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 30, May 1 or 2, if needed.
7. 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
- Attend 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
- On a sick day, watch a classic musical by Gilbert & Sullivan or Rodgers & Hammerstein, etc.
- 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!