Practice Log – Blues Training

Place a 1, 2, 3, or 4 in each box to take note of the level to which you are practicing that skill.

Name:

Week 1

	Session	Day 2	Day 3	Day4	Day 5	Day 6	Day 7
Vertical							
Horizontal							
Diagonal							
CAGED							
Fretboard							
Improv (tick)							

Week 2

	Session	Day 2	Day 3	Day4	Day 5	Day 6	Day 7
Vertical							
Horizontal							
Diagonal							
CAGED							
Fretboard							
Improv (tick)							

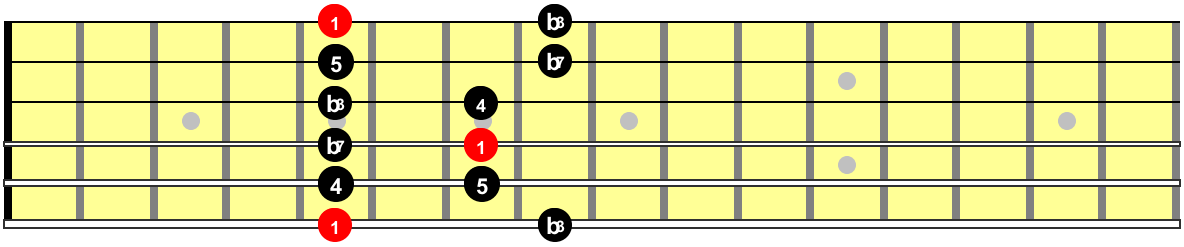
Week 3

	Session	Day 2	Day 3	Day4	Day 5	Day 6	Day 7
Vertical							
Horizontal							
Diagonal							
CAGED							
Fretboard							
Improv (tick)							

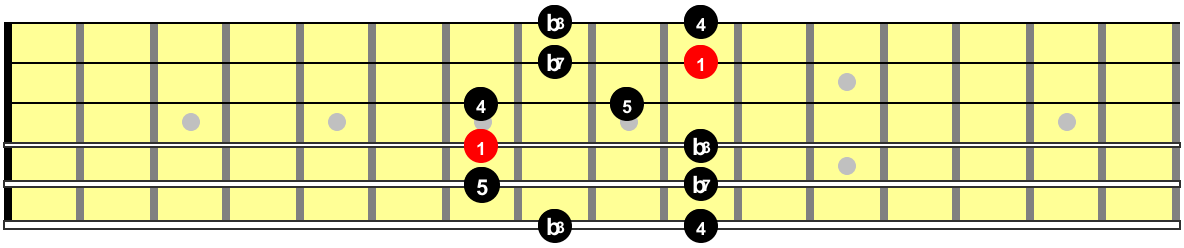
Week 4

	Session	Day 2	Day 3	Day4	Day 5	Day 6	Day 7
Vertical							
Horizontal							
Diagonal							
CAGED							
Fretboard							
Improv (tick)							

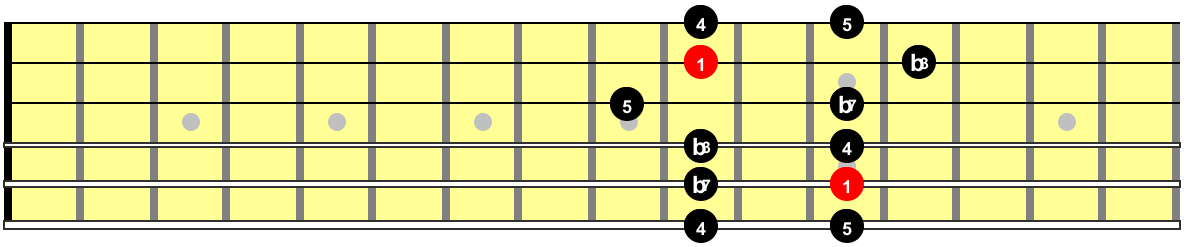
Pattern 1



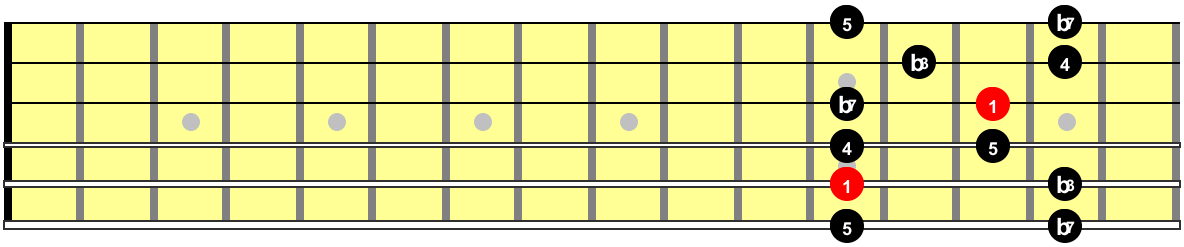
Pattern 2



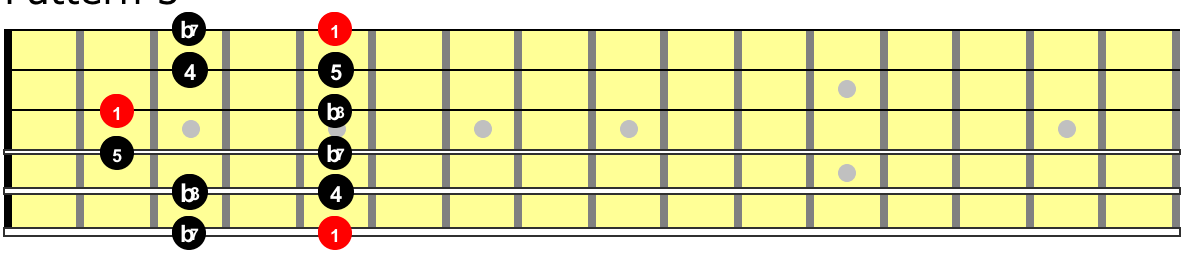
Pattern 3



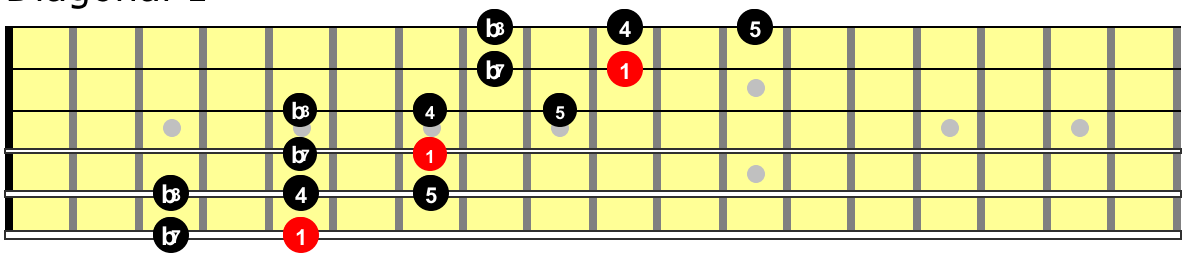
Pattern 4



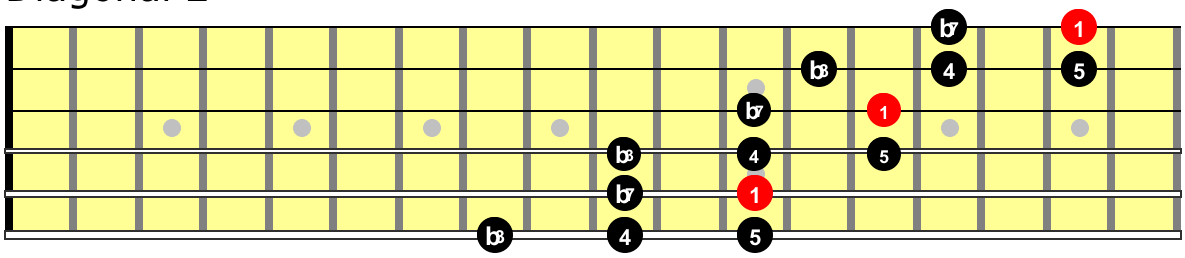
Pattern 5



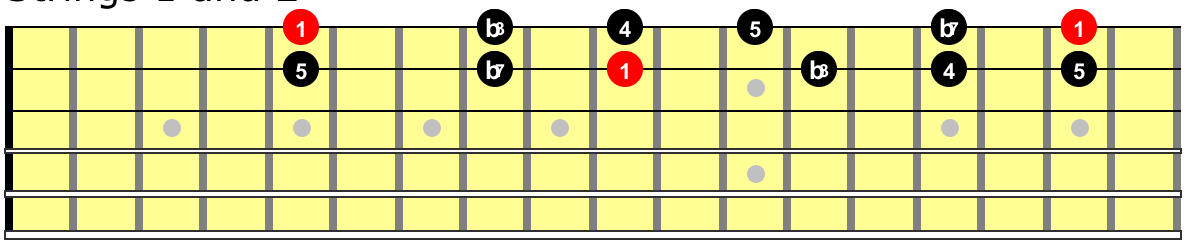
Diagonal 1



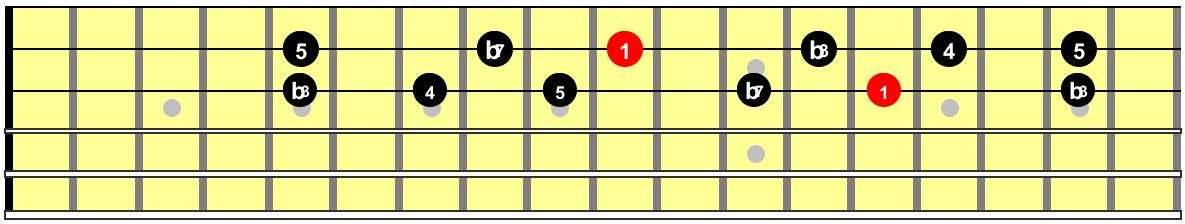
Diagonal 2



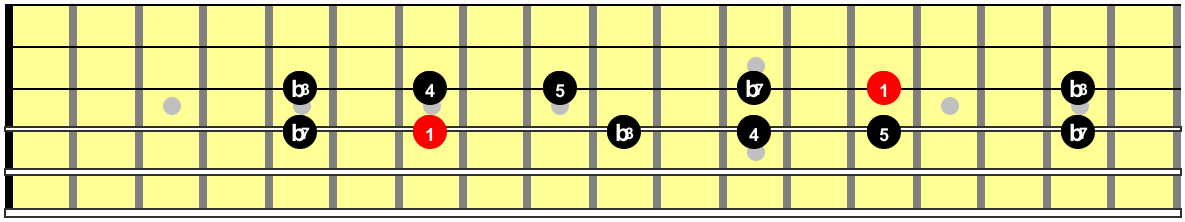
Strings 1 and 2



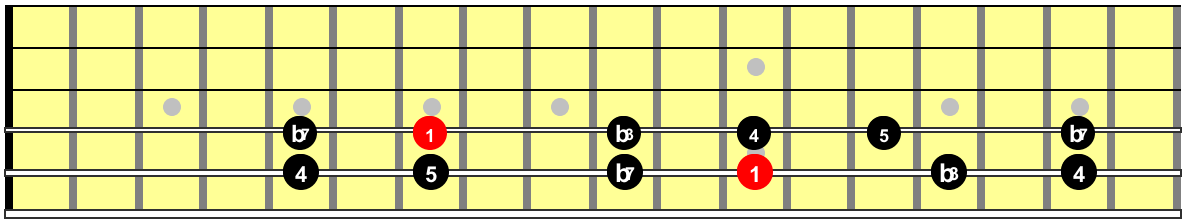
Strings 2 and 3



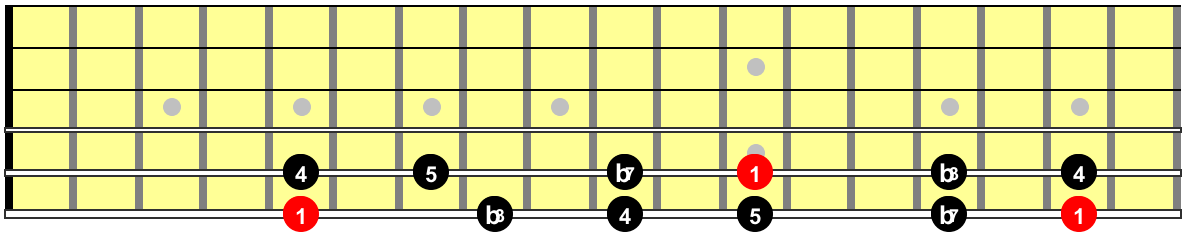
Strings 3 and 4



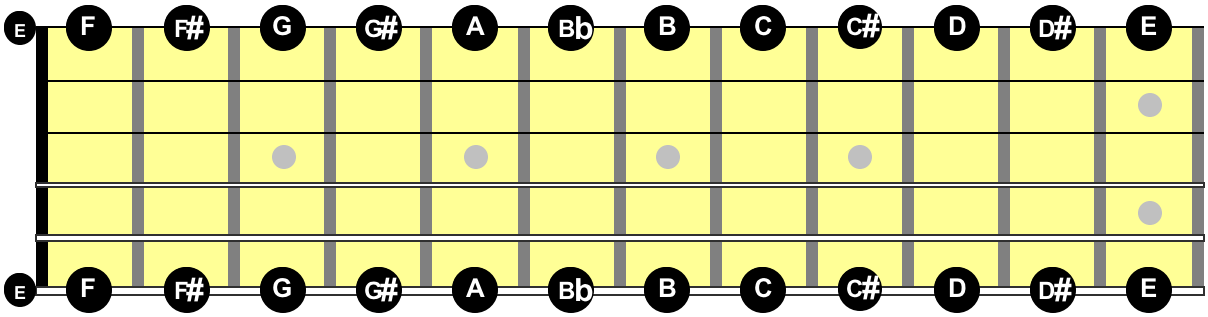
Strings 4 and 5



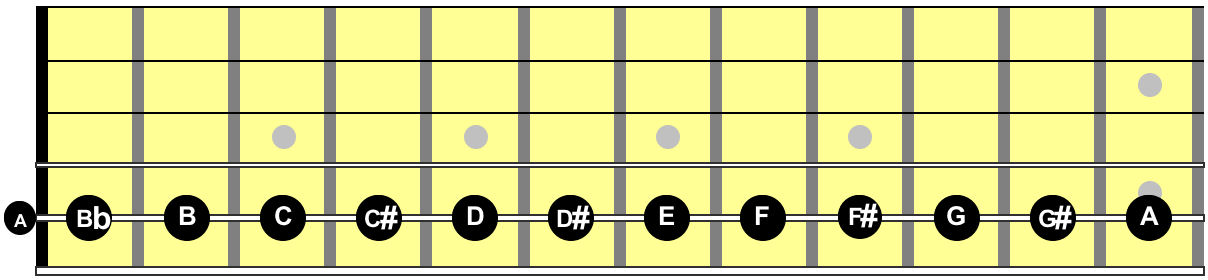
Strings 5 and 6



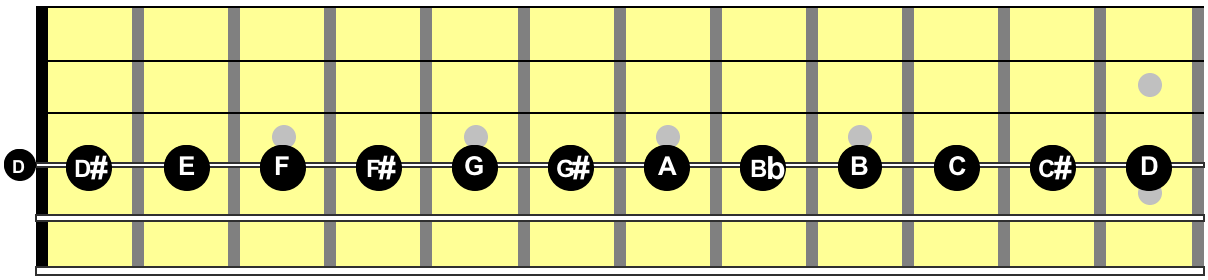
Level 1



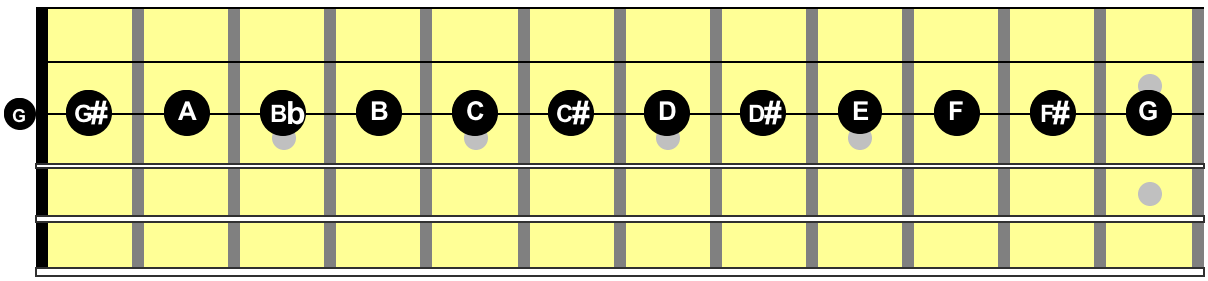
Level 2



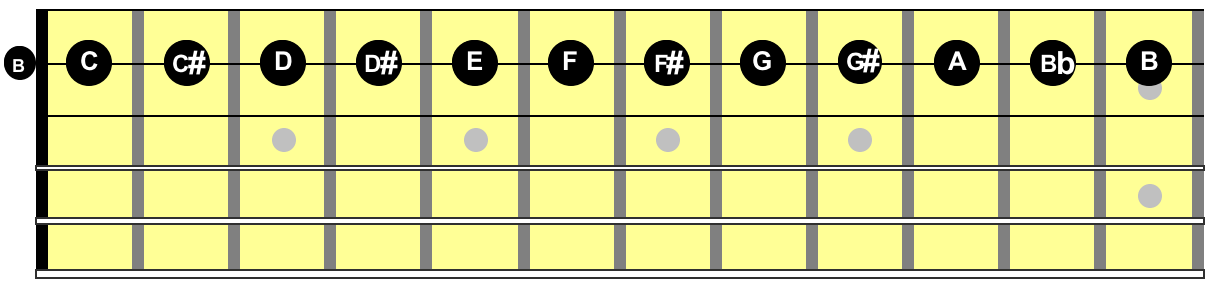
Level 3

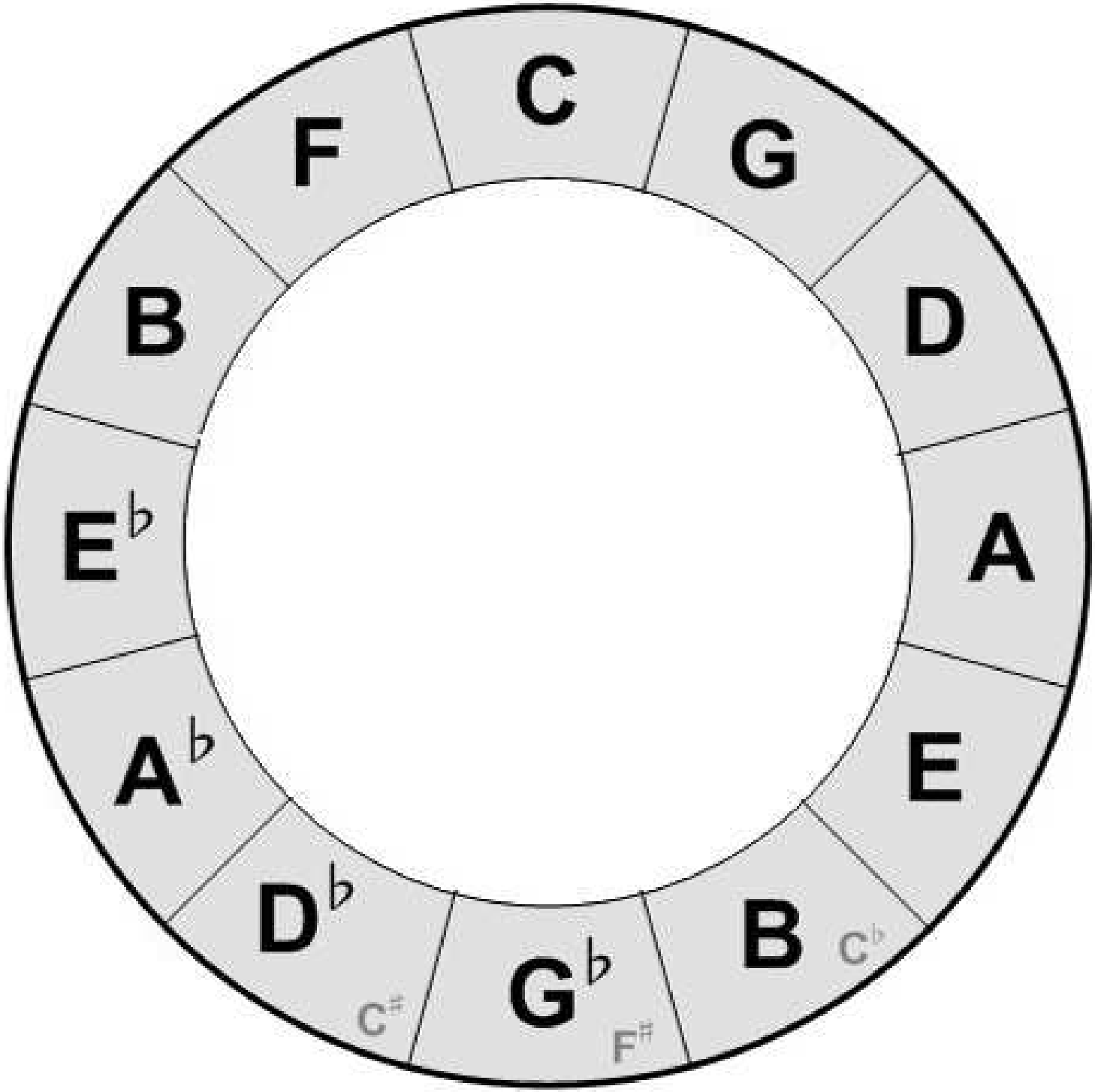


Level 4

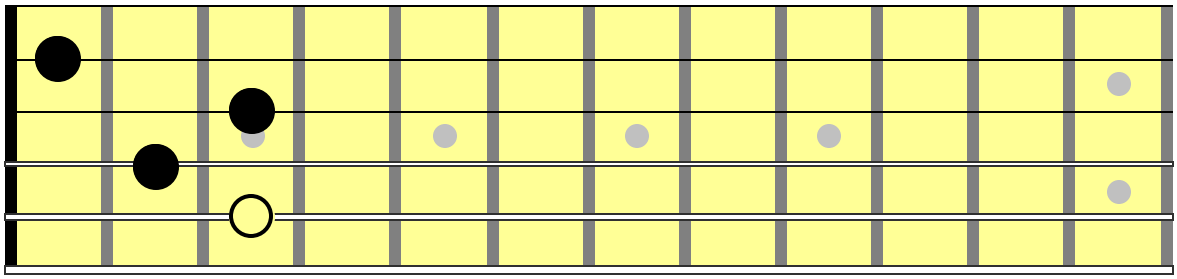


Level 4 (continued)

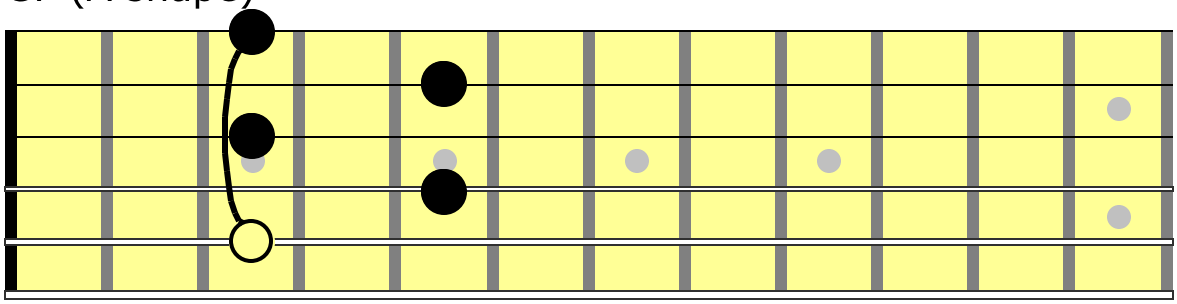



C
G
D
A
E
B
C♭
F♯
D♭
A♭
E♭
B
F

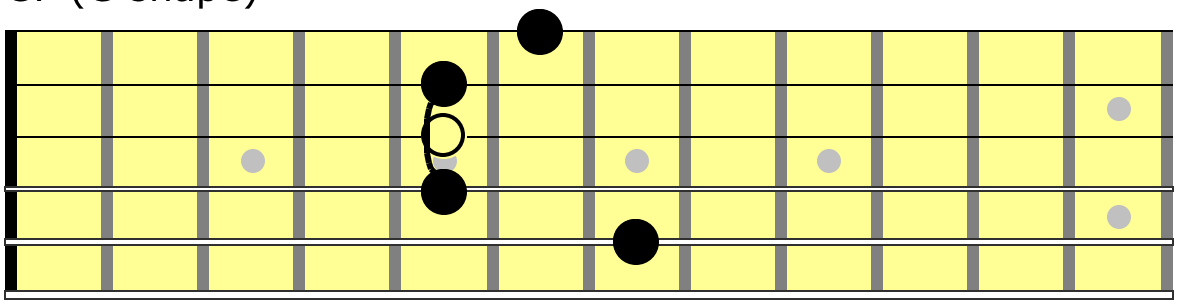
C7 (C shape)



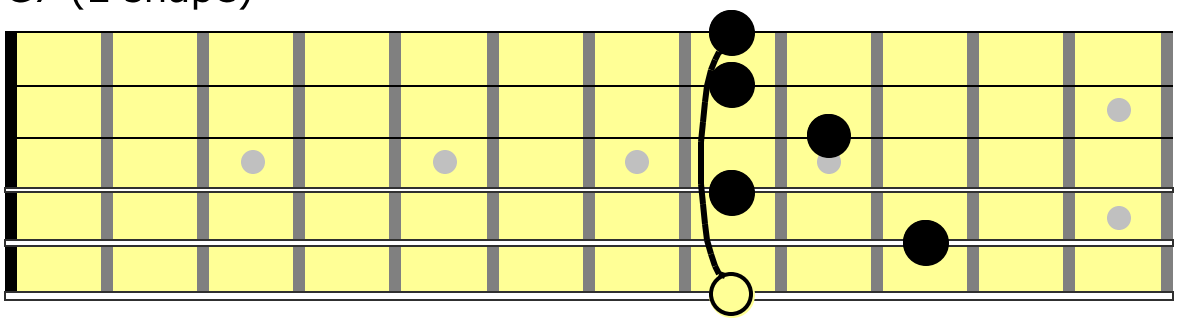
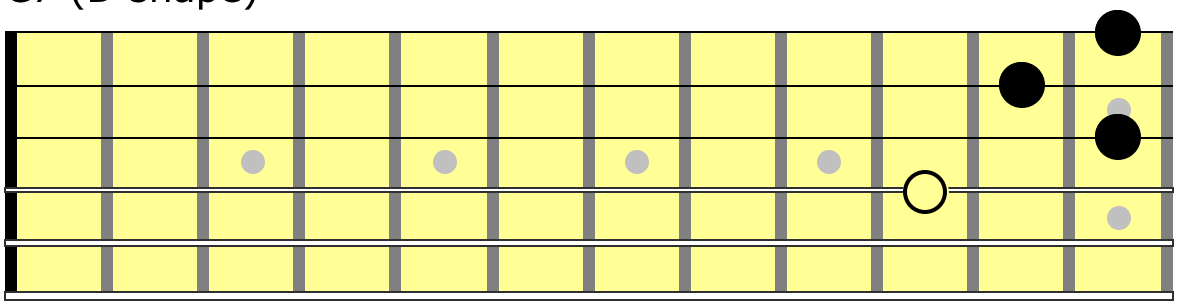
C7 (A shape)



C7 (G shape)



C7 (E shape)



C7 (D shape)