Practice log

BluePick

Week of _____ Instrument _____

This week's goal _____

Day	What I practiced	Tempo (BPM)	Time (min)	One-line note
Mon /		___ → ___		
Tue /		___ → ___		
Wed /		___ → ___		
Thu /		___ → ___		
Fri /		___ → ___		
Sat /		___ → ___		
Sun /		___ → ___		

Weekly total _____ min · _____ days

What went well

Next week

Practice with the metronome and your time is logged for you