



My Violin Practice Journey: _____

Month: _____

Date: _____

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|---|-----|-----|-----|-----|-----|-----|-----|
| Warm Up - Physical: Cardio: | | | | | | | |
| Dynamic Stretching: | | | | | | | |
| Resistance: | | | | | | | |
| Warm Up - Instrument: LH, Silent | | | | | | | |
| RH: Bowing Exercises, Open Strings | | | | | | | |
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| Scales - Major: | | | | | | | |
| Scales - Melodic Minor: | | | | | | | |
| Scales - Harmonic Minor: | | | | | | | |
| Scales - Chromatic on: | | | | | | | |
| Arpeggios - Major: | | | | | | | |
| Arpeggios - Minor: | | | | | | | |
| Arpeggios - Dominant 7th of: | | | | | | | |
| Arpeggios - Diminished 7th of: | | | | | | | |
| Double Stops - Major: | | | | | | | |
| Double Stops - Melodic Minor: | | | | | | | |
| Studies: | | | | | | | |
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| Pieces: | | | | | | | |
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| Other: | | | | | | | |
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| Total Daily Practice Time: | | | | | | | |
| Total Weekly Practice Time: | | | | | | | |

NOTE: Warm Up - Physical. 3-5 minutes

Cardio: jumping jacks, running on the spot, etc.

Dynamic Stretching: arm circles (both directions), etc.

Resistance: plank, pushups, etc. Rest 30 to 60 seconds before repeating.