3 Month Practice Plan

start:_____ end:____

→	Choose Three Jazz Standa	rds	
1.	2.	3.	
Practice Blocks:			
Warm-Up			
			10 min
Super Short Break (open	the window/ stretch on you	ur chair)	
1.Technique			
			20 min

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→	10 -	20	min	break get some coffee	
				avoid the smart phone or computer	
				maybe read a book	

2.	
	20 '
	20 min
3.	
	20 min

Notes: