

# Electric Practice

Nighttime

Start Time	Time Blocks
9:00 pm	10m

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00 pm		Left hand warm up (scales)	Left hand warm up (scales)	Left hand warm up (scales)			
9:10 pm		Right hand warm up (picking patterns)	Right hand warm up (picking patterns)	Right hand warm up (picking patterns)			
9:20 pm		Write chord progression	Write chord progression	Write chord progression			
9:30 pm		Use scales over progression	Use scales over progression	Use scales over progression			
9:40 pm							
9:50 pm		Watch online tutorial	Watch online tutorial	Watch online tutorial			
10:00 pm		Learn tutorial	Learn tutorial	Learn tutorial			
10:10 pm							
10:20 pm							
10:30 pm		Cool down	Cool down	Cool down			