



SHREDTRACKER

WEEK BEGINNING

Tues, 1 May

2009

FILL IN A BUBBLE FOR EACH 5, 10, OR 15 MINUTES SPENT ON AN EXERCISE OR SKILL

			DAY Tues	TOTAL TIME 1:35
			Picking sucked but improv was fun!	

			DAY Wed	TOTAL TIME 1:40
			Felt inspired to improv on new song - recorded some good ideas. Legato was SMOKIN' today!	

			DAY Thu	TOTAL TIME 0:40
			Felt tired, but at least I played! Focused on control.	

			DAY Fri	TOTAL TIME 1:10
			Arps were cleaner today. Works well to do 10 min each of assorted exercises when I'm short on time.	

			DAY Sat	TOTAL TIME 2:55
			Controlled warm-up, then improv all the way. I could see a difference during improv - much cleaner legato and picking.	

KEY AND NOTES

MAIN GOALS FOR WEEK:

Having trouble with motivation, feeling overwhelmed so this week's goal is to get my butt in the practice chair and play ANYTHING for at least 30 minutes each day. (Try modified 43F (10+2)*5 procrastination hack.) Try to incorporate at least 5 minutes of exercises and some improv.

EXERCISES AND SKILLS

- A=Alt picking exercises (Paul Gilbert 1-4, Vinnie Moore 7-8)
- B: Chromatic runs (George Bellas 7-10)
- C= Arps - this week focus on 6-string minor patterns
- D= Legato runs - this week focus on ASCENDING.
- E= Improv over backing - focus on timing and phrasing.

