Practice Log

Rhythm	3	Fast Changing									
Rhythm	3	C Chord									
Rhythm	3	G Chord									
Rhythm	3	Hammer-strum									
Rhythm	3	Cut									
Rhythm	3	Emphasis									
Theory	3	7th Chords									
Theory	3	Circle of 4ths									
Theory	3	Key Notation									
Scale	3	C Scale - A Position									
Scale	3	C Scale - E Position									
Scale	3	Am Scale - 2 Octave Descending									
Scale	3	Am Scale - Pentatonic 2 Octave									
Scale	3	Open Em Scale - 2 Octave									
Scale	3	Open Am - 2 Octave Ascending and Descending									
Scale	3	Am Scale - A Position - 2 Octave									
Scale	3	Am Scale - E Position									
Time	3	Changing BPM									
Time	3	1/16 Notes									
Time	3	Triplets									
Technique	3	Down and Up Picking									
Technique	3	Double notes									

Practice Log

Technique	3	Double Pull-off									
Technique	3	Double Hammer-on									
Technique	3	Slide - Ascending									
Technique	3	Slide - Descending									