

Congrats!

You've just joined Tony's Acoustic Challenge for the fun Daily Guitar Challenge that will make you better, fast.

Before trying the Daily Challenge, your mission is to learn (or re-learn) the basics while slowly building up to a consistent playing habit. **That's what the 30-day guitar challenge was designed for and it works!**

Sign the pledge then print out the schedule & checklist and place it where you'll see it every day. Check off each day that you played at least ten minutes.

Commitment Pledge

I, _____, being of sound mind, do hereby pledge to play guitar for ten minutes per day for the next thirty days. I will stick to the 30-day challenge playing schedule **without judging myself for getting frustrated or feeling behind where I think I should be.**

When I'm in doubt or unsure, I'll remind myself that it's **Consistency** that will make me better. I'll stay consistent by committing to the **Tiny Habit** of playing for 10 minutes every day. I can always find negative things if I look for them, so instead, I will find something positive to **Celebrate** each day, no matter how small.

SIGNATURE OF COMMITMENT

DATE

How It Works: You'll learn four FUN guitar skills over four weeks. Each week will consist of two things...

- 1. Learn** each skill on the first day of the week
- 2. Play** that week's exercise 10 minutes per day



WEEK 01

Blues

While learning these FUN and familiar blues songs, you'll also work on core skills such as fretting mechanics, rhythm guitar, & guitar neck movement. First, learn the songs, next, spend at least 10 minutes per day in week 1 playing through the songs.



WEEK 02

Chords

Learn the three chords found in thousands of songs. First you'll learn the proper way to play and trouble shoot G, C, and D, then you'll practice them using the Quick Draw game, then you'll build finger strength with the super fun Strength Builder exercise.



WEEK 03

Strumming

Rhythm and timing is perhaps the most foundational skill that you'll rely on through your guitar journey. In week three you'll learn the "golden rule of strumming" then you'll learn the two core strumming patterns you can apply to almost anything.



WEEK 04

Soloing

The holy grail of playing guitar is knowing how to solo. This week we'll break it down to the basics of what a scale is and how to use one to solo over anything. This will prepare you for improvisation every Wednesday in the TAC Guitar Routine.

30 DAYS TO PLAY

GUITAR CHALLENGE

@tac.guitar #30DaysOfGuitar

Instructions:

- Print and place on bathroom mirror
- Play exercises at least 10 minutes per day
- Check off each day you played at least 10 minutes

WEEK 01							
Blues	1	2	3	4	5	6	7
WEEK 02							
Chords	8	9	10	11	12	13	14
WEEK 03							
Strumming	15	16	17	18	19	20	21
WEEK 04							
Soloing	22	23	24	25	26	27	28

**USE YOUR TWO EXTRA DAYS TO REVIEW THE CHALLENGE PRIMER: TUNING, THE FOUR TECHNIQUE "CHECK-INS", AND TABLATURE*