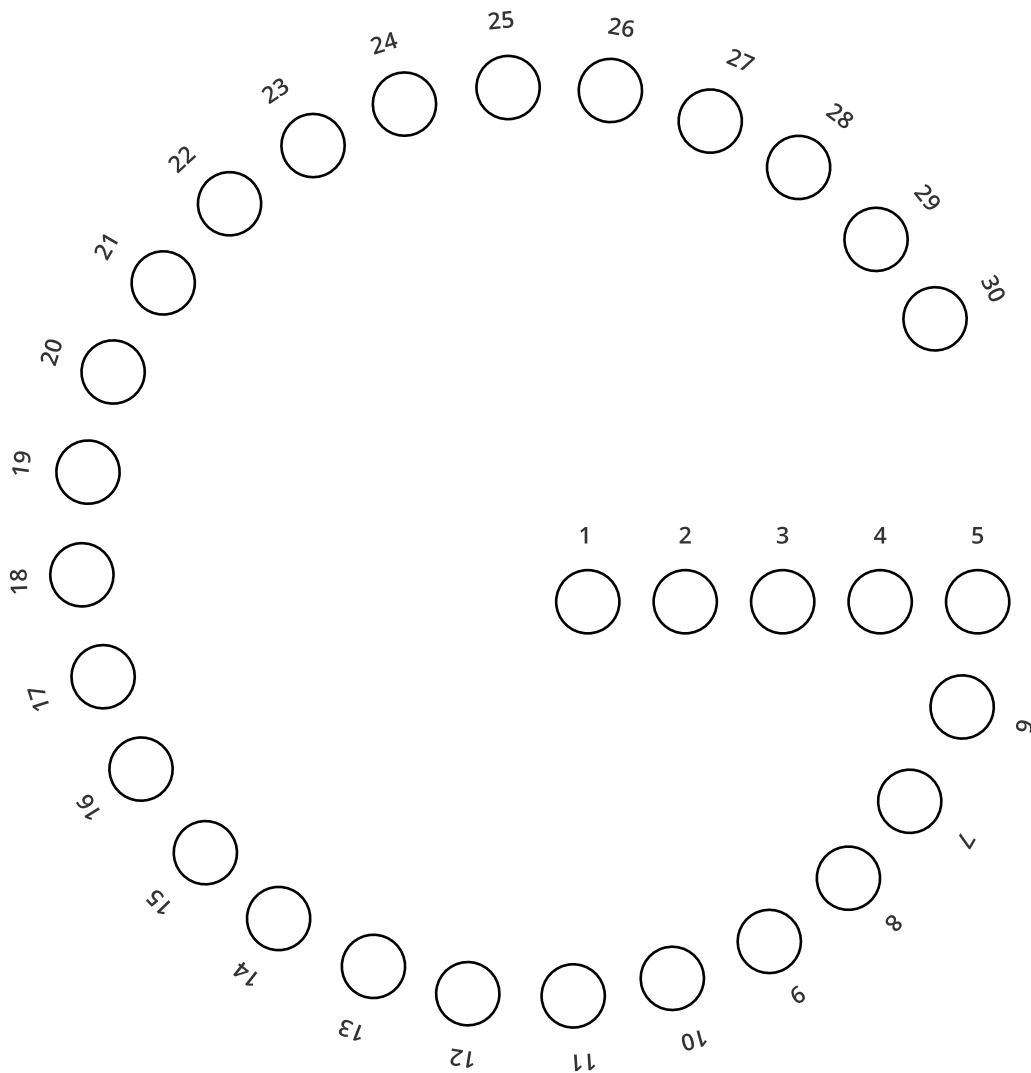


30-DAY MUSIC PRACTICE CHALLENGE



Practice daily for at least 30 minutes
to see how much progress you make



*If you're not happy with your progress,
add 10 more minutes to your daily practice next month!