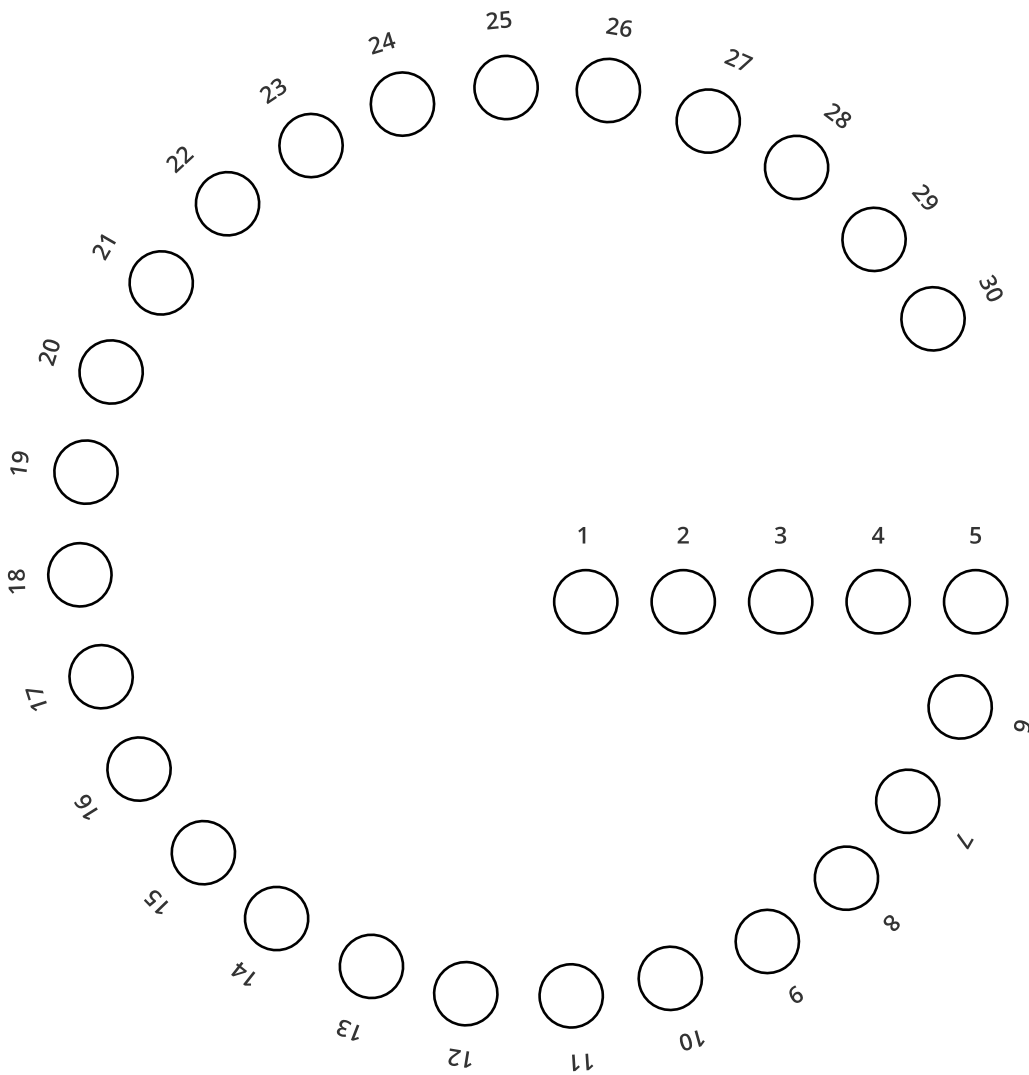


# 30-DAY MUSIC PRACTICE CHALLENGE

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!