

DAILY PRACTICE LOG

ALWAYS WARM UP (15 m) - watch your hand positions and body posture

(Scales, "Spider Walk", Left Hand Technique across all strings: 1-2-3-4, 3-4-2-1 and so on

ITEM	TIME (e.g.)	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
FINGERBOARD VISUALISATION / APPLICATION	15 m	Diatonic Scales		Minor Scales	Pentatonic Scales	Shapes	Method	4/5 String
		<i>(practical application of diatonic harmony for example)</i>						
PLAYING TECHNIQUES	15 m	Fingerstyle	Pick	Slap/Double Thumb	Chords	Arpeggio	Muting	Hands
		<i>(includes various warm-up techniques for example)</i>						
GROOVE / TIME / FEEL	15 m	Grooves 1	Lines 1	Grooves 2	Lines 2	Grooves 3	Lines 3	Freestyle
		<i>(use differenz grooves/lines from different styles/genres)</i>						
NOTATION / TRANSCRIPTION	15 m	Lines	Solo	Chord Progression	Lines	Chords	Songs	Songs
STYLES / GENRE / REPERTOIRE	15 m	Blues	R&B	Funk	Metal/Rock	Pop	Jazz	Reggae
		<i>(Transcription: Start easy with walking bass lines // Song lists: https://www.lastminutemusicians.com/blog/popular-cover-songs-2500-set-lists // Jazz Bass Lines: http://www.projazzlab.com/study-tools)</i>						
MUSIC THEORY	30 m	Music Theory 1	Music Theory 101	Books	Books	Books		
DIATONIC / MODAL HARMONY		Music Theory 2	Composition and much more					
		Music Theory 3	Composition and much more					
		<i>(for more info get in contact or book a lesson at www.gingerbass.com)</i>						

REMEMBER

- Go slow and keep it in control. Speed kills! Use your time! Even 20 minutes each day makes a difference. Daily practice (even for only 20 minutes) is better than only once a week for 2 hours.
- Strive to integrate all of your faculties as a musician: ears, hands, eyes, intellect and instinct.
- Don't waste precious practice time playing through what you already know. Keep pushing your musical limits.
- Do make time to discover new possibilities and to just play for fun.
- Play in all 12 keys every day. Don't get stuck in C, F, G, Bb...