



Date _____

5-Minute Daily Practice Routine

A short, focused daily routine is one of the best ways to build consistency and see steady improvement on guitar. Use this worksheet to stay on track and make every minute count.

1



WARM-UP

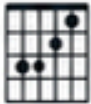
🕒 1 MINUTE

Prepare your hands and get comfortable.

- Finger stretches
- Chromatic exercise (1-2-3-4)
- Open string picking

Notes / What I worked on:

2



CHORD WORK

🕒 1 MINUTE

Build strength and clean changes.

- Practice chord changes
- Focus on clean sound
- Use a metronome (slow & steady)

Notes / What I worked on:

3



RHYTHM WORK

🕒 1 MINUTE

Improve your timing and strumming.

- Practice a simple strumming pattern
- Use a metronome
- Focus on even rhythm

Notes / What I worked on:

4



SONG TIME

🕒 1 MINUTE

Play something you enjoy.

- Play part of a song
- Focus on timing and fun
- Don't worry about perfection

Notes / What I worked on:

5



REVIEW

🕒 1 MINUTE

Reflect and plan your next step.

- What went well today?
- What can I improve?
- What will I practice tomorrow?

Notes / What I learned:



DAILY WINS ADD UP

Consistency beats intensity.
Five minutes today is better than nothing.

Today I practiced:



Continue Your Guitar Journey with FretSteps

Learning guitar becomes much more rewarding when you practice with a clear, consistent routine and focus on steady progress over time.

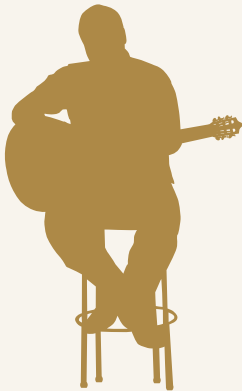
The practice structure in this worksheet is inspired by the complete FretSteps Guitar Method, a step-by-step guitar learning system designed to help beginners build confidence, improve rhythm, strengthen chord changes, and develop real musical skills without feeling overwhelmed.



Get the Complete FretSteps Guitar Method

- Additional chord exercises
- Rhythm studies
- Fretboard training
- Structured lessons
- Theory made simple
- Lead guitar foundations
- Guided practice routines

[Explore the Book](#)



Want Personal Guidance

If you'd like help improving your playing, building practice habits, or learning guitar in a more structured and encouraging way, private lessons are available through FretSteps.

[Schedule a Lesson](#)



Get More Free Guitar Resources

Join the FretSteps email list for new practice exercises, chord guides, rhythm studies, and beginner guitar lessons.



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Step-by-step. Practice with purpose. Play for life.