

Sample 30-day Graph of Daily Practice Time

In this example, a music student gradually increased his average weekly solo practice time and became more consistent in his practice. At the start of the 30-day period, he practiced 1-2.5 hours/day and averaged less than 2 hours/day. By the final week, he achieved a range of 2-3 hours/day and averaged 2.5 hours/day. Note that he practiced less on either Saturday or Sunday, allocating one day each week for added rest.

Name: Anonymous student

Start date: September 8, 2008

End date: October 7, 2008

