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| **The 90 Day Guitar Challenge** |
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| **Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_** |  |
| **DAY** | **Task** | **Instructions** | **How far did you get? Note improvements!** |  |
| **Day 1:** | Re-read Theory article | Do this daily! |   |  |
| Homework: Tab out the 3 scale patterns | You can do a little each day. Spend 3 to 5 minutes on this. |   |  |
| Lydian\_G1.MID | Play until you mess up. Then STOP! 3X |   |  |
| Lydian\_E1.MID | Play until you mess up. Then STOP! 3X |   |  |
| 1\_Lydian\_G1\_85-115bpm.MID | Play until you mess up. Then STOP! 3X |   |  |
| 1\_Lydian\_G1\_85-115bpm\_Transpose.MID | Play until you mess up. Then STOP! 3X |   |  |
| Lydian\_G1.MID | Play until you mess up. Then STOP! 3X |   |  |
| Lydian\_E1.MID | Play until you mess up. Then STOP! 3X |   |  |
| Open Lydian\_G\_Jam\_Chod\_Chart.txt |   |   |  |
| Open Lydian\_G\_Jam.mp3 | Jam over track. |   |  |
|   |   |   |  |
| Elapsed time: Approx. 15 minutes |   |   |  |