

Guidelines for 100-Day Practice Challenge -- 2019

- 1 The goal is to practice for the **entire length of your lesson**, for 100 days in a row, starting January 21, 2019. This will be the start date despite the student's actual lesson day.
- 2 If practicing 100 days sounds too much, **smaller goals** are also available:
 - For 10 days (from Jan. 15-Jan. 30)
 - For 25 days (from Jan. 15-Feb. 14)
 - For 50 days (from Jan. 15-Mar. 11)
 - For 75 days (from Jan. 15-April 5)
- 3 All students will fill out the practice chart through April 30, despite if they miss days along the way. This will be reviewed at each lesson with your teacher.
- 4 Practice time includes individual practice only, and does not include time spent participating in a large ensemble (like band class or an after-school orchestra).
- 5 Students who successfully practice 100 days in a row will receive a trophy at our Recital, as well as their names engraved on a permanent plaque in the studio. NEW THIS YEAR: all students who successfully complete the 100-day challenge will be entered into a drawing to receive a \$ 50 discount for summer lessons. One student will be randomly selected at the Recital from the pool of those who practice for all 100 days.
- 6 Students are allowed **2 skip days** throughout the challenge. Replacement practice days may then be added at the very end of the 100 days, on May 1 and May 2 if needed.
- 7 Through the years, this challenge will be a meaningful way to honor the top performers in our studio. And the best part is that all the students have the opportunity to succeed, regardless of their level or background.

GOOD LUCK AND HAPPY PRACTICING!!!

