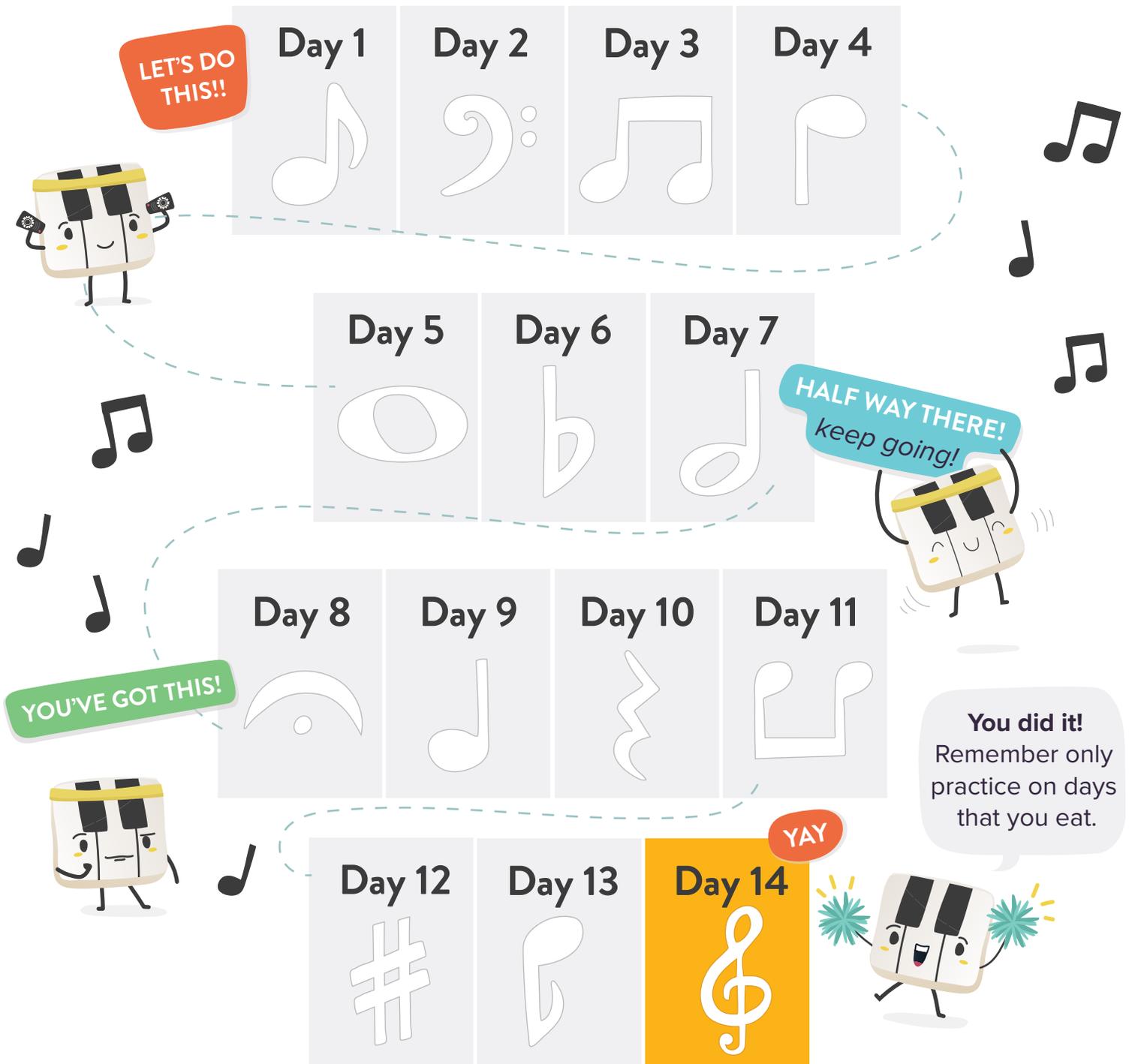


14 Day Practice Challenge

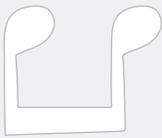
#HoffmanAcademy

Challenge yourself to practice the piano every day for 14 days in a row! No required minutes or goals— just you and the piano. Share your journey with us on social media! Hashtag your social media posts with #HoffmanAcademy for a chance to be featured.

Color in the music symbol for each day that you practice.



LET'S DO THIS!!

Day 1	Day 2	Day 3	Day 4
			
Day 5	Day 6	Day 7	
			
Day 8	Day 9	Day 10	Day 11
			
Day 12	Day 13	Day 14	
			

**HALF WAY THERE!
keep going!**

YOU'VE GOT THIS!

YAY

You did it!
Remember only practice on days that you eat.

...I can play:

...I want to play:

...I like to listen to:

...I like to dance to:

Mini Challenges!

Here are some extra challenges to try - can you attempt them all?

Go to our Instagram to see some examples.

Only play LH for
5 minutes straight

Play with a
metronome

Teach a family member or
friend a short melody

Play the
whole song
on your knees

Play a whole song
with eyes closed

Only play RH
for 5 minutes
straight

Cross your hands
and play the
same song

Play the RH
part with your LH

Play every song you
know from memory

Play your song at
a new tempo
(*faster or slower*)

Play the
whole song
staccato

Play the LH part
with your RH

Play your song
with **EXTREME**
dynamics
(*really loud fortes,
and really soft
pianos*)

Play the
hardest
measure
10 times

Compose a
short melody

Play your
song in a
new key or
pentascale

Sing letter names
or solfege

Learn a new
popular song

Film a video and tag
us on social media!
#hoffmanacademy

Play along to our
accompaniment
track