

# Uke time

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*Hours on hours, you made it!*

## WHAT I'LL ACHIEVE ON MY UKE

*You've got this.*

## REFLECTING ON THE TIME WITH MY UKE

*Pat yourself on the back for sticking to your goals. You rock!*

# FILLING OUT YOUR PRACTICE CHART

**3.** Before the month starts, schedule out your practice sessions by placing the number of minutes you will practice next to the date. We recommend 30 minute sessions three times a week.

**5.** Once you've completed a practice session, mark the date you practiced (circle it, highlight it, etc.) and cross out the number of planned practice minutes. Write on the dotted line the actual number of minutes and three words to describe the practice session.

**1.** Write in the month before "Uke time."

**1** *Uke time*

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**3** **5**

*Hours on hours, you made it!*

**2** WHAT I'LL ACHIEVE ON MY UKE

*You've got this.*

**6** REFLECTING ON THE TIME WITH MY UKE

*Pat yourself on the back for sticking to your goals. You kinda sorta really rock.*

**7** **7.** Then, do it again next month!

**4**

**4.** Once it's all set up, post this sheet some place where you will see it twice a day, such as the bathroom mirror or across from your bed.

**2.** Write in your ukulele practice goals here. We recommend adding a goal around the number of hours you'll practice that month, a skill you want to master that month, and any overarching, multi-month goals like learning to sing and play "Hello" without help from the Populele lights.

**6.** At the end of each month, journal about what you accomplished in this box. Also include questions you came across that require additional research and one challenge that was left hanging.