

# 100 Days of Practice

## Official Rules

- **Start practice on Jan. 1<sup>st</sup>** or any day within the first two weeks of January.
- **Practice EVERY DAY for 100 consecutive days.** There is no time minimum, but you must actually practice. It does not count if you just make some noise or play something sloppily. To count as practice, you must play something several times with the mindful intent of making it better.
- **Record your days on the official 100 Days Chart.** Write in that day's number each day after you practice. (1 for the 1<sup>st</sup> day, 2 for the 2<sup>nd</sup> day, etc.)
- **You have 3 emergency passes** – they are the small boxes on the bottom right. If you miss a day, put an X in one of the small boxes instead of writing a number in the big boxes. The next day (after you practice!) continue with the next number. Do not leave any practice boxes blank,
- **If you use all three passes and miss another day**, you are out of the game. (TIP: If you miss a day during the 1<sup>st</sup> two weeks, start again)
- **You may not double up** one day to make up for a missed day. It's 100 *days*. Not 100 *times*.
- **Overnight field trips /family vacations:** Students going on overnight field trips may use 1 pass to cover the entire trip, provided they practice the day they leave and the day they return. The violin needs to go on family trips when at all possible. Please talk to your strings instructor for special circumstances.
- **Class/Lesson counts.** You *should*, of course, practice again at home anyway.
- Students who successfully complete 100 days may order the official 100 Days t-shirt, and are invited to perform in our 100 Days Concert.

## Tips & Tricks

- Practice early. "Later" often turns into an argument, a poor practice, or a missed practice.
- Try to practice at the same time every day. Routine helps.
- Make it a team effort. "Let's practice" makes it an activity you do together. "Go practice while I do something else" yields far less successful results.
- Parents need to provide the time and space for successful practice, and students need to remember they chose to do this challenge and it is their responsibility to see it through.
- Consider adding small rewards on milestone days throughout the chart: Mystery prizes, grab bag, a special meal for that day, family popcorn & movie night – be creative!

Good Luck and Happy Practicing!