

LIFE IN 12 KEYS



COMPANION PROGRESS TRACKER

The 7 Day Practice Routine

FOR GUITARISTS

Print it, pin it, or fill it in on screen. One page per day, mapped exactly to the routine in the book. Track your tempo, log your minutes, and watch the numbers move.

NAME

START DATE

GOAL FOR THIS WEEK

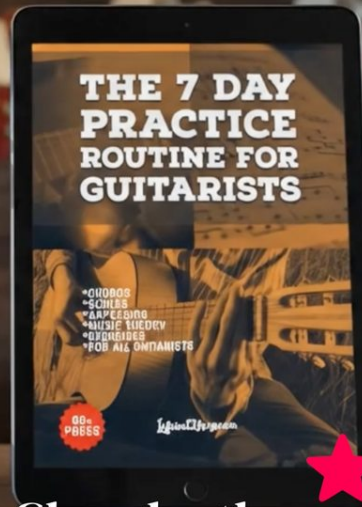
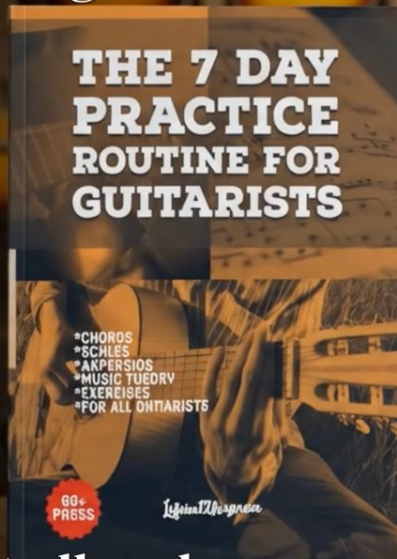
HOW TO USE THIS TRACKER

- 01 One page per day**
Each page mirrors that day's routine from the book.
- 02 Log BPM and minutes**
Fill the fields as you go, or print and write.
- 03 Add +1 BPM per day**
Small, boring increments are what actually work.
- 04 Review on the BPM page**
Log weekly tempos and set personal records.

LIFE IN 12 KEYS



"..great for beginners and experts alike..."



"..finally it all makes sense. Chords, theory, and scales"

GET THE FULL BOOK

This tracker is the companion. The book is the routine – chords, scales, arpeggios, music theory and exercises for every guitarist, laid out day by day.



Free Lessons

Lesson hub & new videos

lifein12keys.com



Get the Books

The full catalog

guitarpractice.pro

DATE	WEEK #	START TIME	KEY THIS WEEK	SESSION RATING
				☆☆☆☆☆

TARGET · 70 MINUTES

Log your actual numbers as you go

EXERCISE	TARGET	BPM	MINS	REPS	DONE
4 Note-Per-String Exercise 2 sets of finger combos to 12th position and back	30 min				
Chordal Picking 1 note-per-string alternate picking through open chords	10 min				
Villa-Lobos Picking Study Advanced: string-skipping Etude #1 arrangement	15 min				
Double-Triplets w/ Speed Bursts All 6 strings, forward and back. New key each week	15 min				

FINGER COMBINATIONS USED

COACH'S NOTE

Do a different key every Monday. The more keys you practice in, the better your improvisation.

NOTES

DATE

WEEK #

START TIME

SESSION RATING



TARGET · 35 MINUTES

Log your actual numbers as you go

EXERCISE

TARGET

BPM

MINS

REPS

DONE

Regular Sequence

5 min

Ascending/descending alternate picking, 4-10x warmup

3rds Sequence

6 min

Up 2, back 1: 1-3-2-4-3-5 etc.

Fours Sequence

6 min

1234, 2345, 3456, 4567 etc.

Fives Sequence

6 min

12345, 23456, 34567 etc.

Sixes Sequence

6 min

123456, 234567 etc.

Sevens / Full Scale Run

6 min

Complete run through the mode, both directions

MODES COMPLETED

Ionian

Dorian

Phrygian

Lydian

Mixolydian

Aeolian

Locrian

COACH'S NOTE

Repeat the workout in all seven modes. Tick each mode off below as you complete it.

NOTES

DATE

WEEK #

START TIME

KEY THIS WEEK

SESSION RATING



TARGET · 60 MINUTES

Log your actual numbers as you go

EXERCISE

TARGET

BPM

MINS

REPS

DONE

Major 7 Arpeggios

Through all positions, alternate picking

12 min

Dominant 7 Arpeggios

Through all positions, watch the b7

12 min

Minor 7 Arpeggios

Through all positions

12 min

Minor 7b5 & Diminished

Half-diminished and fully diminished shapes

12 min

Sweep Picking Application

Apply shapes with sweep technique

12 min

COACH'S NOTE

Rotate your key weekly. Arpeggios are the skeleton of every solo you'll ever play.

NOTES

DATE

WEEK #

START TIME

KEY THIS WEEK

SESSION RATING



TARGET · 25 MINUTES

Log your actual numbers as you go

EXERCISE

TARGET

BPM

MINS

REPS

DONE

Major Scale

All positions, ascending and descending

5 min

Natural Minor Scale

All positions, ascending and descending

5 min

Harmonic Minor Scale

Mind the augmented 2nd

5 min

Melodic Minor Scale

Ascending form, all positions

5 min

Pentatonic & Blues

5 positions plus the blue note

5 min

COACH'S NOTE

Five minutes each is plenty when you're focused. New key every Thursday.

NOTES

DATE

WEEK #

START TIME

TONE / SOUND

SESSION RATING



TARGET · 58 MINUTES

Log your actual numbers as you go

EXERCISE

TARGET

BPM

MINS

REPS

DONE

Open Chord Review

Clean changes, no buzzing

10 min

Barre Chords

E and A shapes up the neck

12 min

7th Chords & Extensions

maj7, m7, dom7, 9ths, 13ths

12 min

Chord Progressions

ii-V-I and common turnarounds

12 min

Voice Leading

Move between chords with minimal motion

12 min

COACH'S NOTE

Tone matters as much as accuracy. Listen to every voicing before you move on.

NOTES

DATE

WEEK #

START TIME

SESSION RATING



TARGET · 59 MINUTES

Log your actual numbers as you go

EXERCISE

TARGET

BPM

MINS

REPS

DONE

Right Hand Arpeggio Patterns

p-i-m-a combinations, free stroke

15 min

Rest Stroke Scales

Apoyando, alternating i-m

12 min

Tremolo Study

p-a-m-i, evenness over speed

12 min

Repertoire Work

Current piece, slow and clean

20 min

COACH'S NOTE

Nail placement and stroke direction beat speed every single time.

NOTES

DATE

WEEK #

START TIME

SESSION RATING



TARGET · 60 MINUTES

Log your actual numbers as you go

EXERCISE

TARGET

BPM

MINS

REPS

DONE

Giuliani 120 Right Hand Studies

25 min

Work through your assigned range

Bach Bouree in Em

20 min

Memorize section by section

Free Play / Improvisation

15 min

Apply the week's material musically

PROGRESS MARKERS

Giuliani studies covered (range)

Bouree - measures memorized

COACH'S NOTE

Sunday is where the week's work becomes music. Play, don't just practice.

NOTES

REST DAYS TAKEN THIS WEEK

Rest is part of the routine, not a failure of it. Tick any day you took off.

MON

TUE

WED

THU

FRI

SAT

SUN

THE NUMBERS

TARGET MINUTES

367

ACTUAL MINUTES

DAYS PRACTICED

BEST BPM GAIN

WHAT CLICKED THIS WEEK

WHAT NEEDS WORK

FOCUS FOR WEEK 2

COACH'S NOTE

One honest look back beats four vague ones. If a tempo stalled, note it here and start next week 10 BPM lower rather than pretending it stuck.

DATE	WEEK #	START TIME	KEY THIS WEEK	SESSION RATING
				☆☆☆☆☆

TARGET · 70 MINUTES

Log your actual numbers as you go

EXERCISE	TARGET	BPM	MINS	REPS	DONE
4 Note-Per-String Exercise 2 sets of finger combos to 12th position and back	30 min				
Chordal Picking 1 note-per-string alternate picking through open chords	10 min				
Villa-Lobos Picking Study Advanced: string-skipping Etude #1 arrangement	15 min				
Double-Triplets w/ Speed Bursts All 6 strings, forward and back. New key each week	15 min				

FINGER COMBINATIONS USED

COACH'S NOTE

Do a different key every Monday. The more keys you practice in, the better your improvisation.

NOTES

DATE

WEEK #

START TIME

SESSION RATING



TARGET · 35 MINUTES

Log your actual numbers as you go

EXERCISE	TARGET	BPM	MINS	REPS	DONE
Regular Sequence Ascending/descending alternate picking, 4-10x warmup	5 min				
3rds Sequence Up 2, back 1: 1-3-2-4-3-5 etc.	6 min				
Fours Sequence 1234, 2345, 3456, 4567 etc.	6 min				
Fives Sequence 12345, 23456, 34567 etc.	6 min				
Sixes Sequence 123456, 234567 etc.	6 min				
Sevens / Full Scale Run Complete run through the mode, both directions	6 min				

MODES COMPLETED

Ionian

Dorian

Phrygian

Lydian

Mixolydian

Aeolian

Locrian

COACH'S NOTE

Repeat the workout in all seven modes. Tick each mode off below as you complete it.

NOTES

DATE

WEEK #

START TIME

KEY THIS WEEK

SESSION RATING



TARGET · 60 MINUTES

Log your actual numbers as you go

EXERCISE	TARGET	BPM	MINS	REPS	DONE
Major 7 Arpeggios Through all positions, alternate picking	12 min				
Dominant 7 Arpeggios Through all positions, watch the b7	12 min				
Minor 7 Arpeggios Through all positions	12 min				
Minor 7b5 & Diminished Half-diminished and fully diminished shapes	12 min				
Sweep Picking Application Apply shapes with sweep technique	12 min				

COACH'S NOTE

Rotate your key weekly. Arpeggios are the skeleton of every solo you'll ever play.

NOTES

DATE

WEEK #

START TIME

KEY THIS WEEK

SESSION RATING



TARGET · 25 MINUTES

Log your actual numbers as you go

EXERCISE	TARGET	BPM	MINS	REPS	DONE
Major Scale All positions, ascending and descending	5 min				
Natural Minor Scale All positions, ascending and descending	5 min				
Harmonic Minor Scale Mind the augmented 2nd	5 min				
Melodic Minor Scale Ascending form, all positions	5 min				
Pentatonic & Blues 5 positions plus the blue note	5 min				

COACH'S NOTE

Five minutes each is plenty when you're focused. New key every Thursday.

NOTES

DATE

WEEK #

START TIME

TONE / SOUND

SESSION RATING



TARGET · 58 MINUTES

Log your actual numbers as you go

EXERCISE	TARGET	BPM	MINS	REPS	DONE
Open Chord Review Clean changes, no buzzing	10 min				
Barre Chords E and A shapes up the neck	12 min				
7th Chords & Extensions maj7, m7, dom7, 9ths, 13ths	12 min				
Chord Progressions ii-V-I and common turnarounds	12 min				
Voice Leading Move between chords with minimal motion	12 min				

COACH'S NOTE

Tone matters as much as accuracy. Listen to every voicing before you move on.

NOTES

DATE

WEEK #

START TIME

SESSION RATING



TARGET · 59 MINUTES

Log your actual numbers as you go

EXERCISE	TARGET	BPM	MINS	REPS	DONE
Right Hand Arpeggio Patterns p-i-m-a combinations, free stroke	15 min				
Rest Stroke Scales Apoyando, alternating i-m	12 min				
Tremolo Study p-a-m-i, evenness over speed	12 min				
Repertoire Work Current piece, slow and clean	20 min				

COACH'S NOTE

Nail placement and stroke direction beat speed every single time.

NOTES

DATE

WEEK #

START TIME

SESSION RATING



TARGET · 60 MINUTES

Log your actual numbers as you go

EXERCISE	TARGET	BPM	MINS	REPS	DONE
Giuliani 120 Right Hand Studies Work through your assigned range	25 min				
Bach Bouree in Em Memorize section by section	20 min				
Free Play / Improvisation Apply the week's material musically	15 min				

PROGRESS MARKERS

Giuliani studies covered (range)

Bouree - measures memorized

COACH'S NOTE

Sunday is where the week's work becomes music. Play, don't just practice.

NOTES

REST DAYS TAKEN THIS WEEK

Rest is part of the routine, not a failure of it. Tick any day you took off.

MON

TUE

WED

THU

FRI

SAT

SUN

THE NUMBERS

TARGET MINUTES

367

ACTUAL MINUTES

DAYS PRACTICED

BEST BPM GAIN

WHAT CLICKED THIS WEEK

WHAT NEEDS WORK

FOCUS FOR WEEK 3

COACH'S NOTE

One honest look back beats four vague ones. If a tempo stalled, note it here and start next week 10 BPM lower rather than pretending it stuck.

DATE	WEEK #	START TIME	KEY THIS WEEK	SESSION RATING
				☆☆☆☆☆

TARGET · 70 MINUTES

Log your actual numbers as you go

EXERCISE	TARGET	BPM	MINS	REPS	DONE
4 Note-Per-String Exercise 2 sets of finger combos to 12th position and back	30 min				
Chordal Picking 1 note-per-string alternate picking through open chords	10 min				
Villa-Lobos Picking Study Advanced: string-skipping Etude #1 arrangement	15 min				
Double-Triplets w/ Speed Bursts All 6 strings, forward and back. New key each week	15 min				

FINGER COMBINATIONS USED

COACH'S NOTE

Do a different key every Monday. The more keys you practice in, the better your improvisation.

NOTES

DATE

WEEK #

START TIME

SESSION RATING



TARGET · 35 MINUTES

Log your actual numbers as you go

EXERCISE	TARGET	BPM	MINS	REPS	DONE
Regular Sequence Ascending/descending alternate picking, 4-10x warmup	5 min				
3rds Sequence Up 2, back 1: 1-3-2-4-3-5 etc.	6 min				
Fours Sequence 1234, 2345, 3456, 4567 etc.	6 min				
Fives Sequence 12345, 23456, 34567 etc.	6 min				
Sixes Sequence 123456, 234567 etc.	6 min				
Sevens / Full Scale Run Complete run through the mode, both directions	6 min				

MODES COMPLETED

Ionian

Dorian

Phrygian

Lydian

Mixolydian

Aeolian

Locrian

COACH'S NOTE

Repeat the workout in all seven modes. Tick each mode off below as you complete it.

NOTES

DATE

WEEK #

START TIME

KEY THIS WEEK

SESSION RATING



TARGET · 60 MINUTES

Log your actual numbers as you go

EXERCISE

TARGET

BPM

MINS

REPS

DONE

Major 7 Arpeggios

Through all positions, alternate picking

12 min

Dominant 7 Arpeggios

Through all positions, watch the b7

12 min

Minor 7 Arpeggios

Through all positions

12 min

Minor 7b5 & Diminished

Half-diminished and fully diminished shapes

12 min

Sweep Picking Application

Apply shapes with sweep technique

12 min

COACH'S NOTE

Rotate your key weekly. Arpeggios are the skeleton of every solo you'll ever play.

NOTES

DATE

WEEK #

START TIME

KEY THIS WEEK

SESSION RATING



TARGET · 25 MINUTES

Log your actual numbers as you go

EXERCISE

TARGET

BPM

MINS

REPS

DONE

Major Scale

All positions, ascending and descending

5 min

Natural Minor Scale

All positions, ascending and descending

5 min

Harmonic Minor Scale

Mind the augmented 2nd

5 min

Melodic Minor Scale

Ascending form, all positions

5 min

Pentatonic & Blues

5 positions plus the blue note

5 min

COACH'S NOTE

Five minutes each is plenty when you're focused. New key every Thursday.

NOTES

DATE

WEEK #

START TIME

TONE / SOUND

SESSION RATING



TARGET · 58 MINUTES

Log your actual numbers as you go

EXERCISE

TARGET

BPM

MINS

REPS

DONE

Open Chord Review

Clean changes, no buzzing

10 min

Barre Chords

E and A shapes up the neck

12 min

7th Chords & Extensions

maj7, m7, dom7, 9ths, 13ths

12 min

Chord Progressions

ii-V-I and common turnarounds

12 min

Voice Leading

Move between chords with minimal motion

12 min

COACH'S NOTE

Tone matters as much as accuracy. Listen to every voicing before you move on.

NOTES

DATE

WEEK #

START TIME

SESSION RATING



TARGET · 59 MINUTES

Log your actual numbers as you go

EXERCISE	TARGET	BPM	MINS	REPS	DONE
Right Hand Arpeggio Patterns p-i-m-a combinations, free stroke	15 min				
Rest Stroke Scales Apoyando, alternating i-m	12 min				
Tremolo Study p-a-m-i, evenness over speed	12 min				
Repertoire Work Current piece, slow and clean	20 min				

COACH'S NOTE

Nail placement and stroke direction beat speed every single time.

NOTES

DATE

WEEK #

START TIME

SESSION RATING



TARGET · 60 MINUTES

Log your actual numbers as you go

EXERCISE	TARGET	BPM	MINS	REPS	DONE
Giuliani 120 Right Hand Studies Work through your assigned range	25 min				
Bach Bouree in Em Memorize section by section	20 min				
Free Play / Improvisation Apply the week's material musically	15 min				

PROGRESS MARKERS

Giuliani studies covered (range)

Bouree - measures memorized

COACH'S NOTE

Sunday is where the week's work becomes music. Play, don't just practice.

NOTES

REST DAYS TAKEN THIS WEEK

Rest is part of the routine, not a failure of it. Tick any day you took off.

MON

TUE

WED

THU

FRI

SAT

SUN

THE NUMBERS

TARGET MINUTES

367

ACTUAL MINUTES

DAYS PRACTICED

BEST BPM GAIN

WHAT CLICKED THIS WEEK

WHAT NEEDS WORK

FOCUS FOR WEEK 4

COACH'S NOTE

One honest look back beats four vague ones. If a tempo stalled, note it here and start next week 10 BPM lower rather than pretending it stuck.

DATE	WEEK #	START TIME	KEY THIS WEEK	SESSION RATING
				☆☆☆☆☆

TARGET · 70 MINUTES

Log your actual numbers as you go

EXERCISE	TARGET	BPM	MINS	REPS	DONE
4 Note-Per-String Exercise 2 sets of finger combos to 12th position and back	30 min				
Chordal Picking 1 note-per-string alternate picking through open chords	10 min				
Villa-Lobos Picking Study Advanced: string-skipping Etude #1 arrangement	15 min				
Double-Triplets w/ Speed Bursts All 6 strings, forward and back. New key each week	15 min				

FINGER COMBINATIONS USED

COACH'S NOTE

Do a different key every Monday. The more keys you practice in, the better your improvisation.

NOTES

DATE

WEEK #

START TIME

SESSION RATING



TARGET · 35 MINUTES

Log your actual numbers as you go

EXERCISE

TARGET

BPM

MINS

REPS

DONE

Regular Sequence

5 min

Ascending/descending alternate picking, 4-10x warmup

3rds Sequence

6 min

Up 2, back 1: 1-3-2-4-3-5 etc.

Fours Sequence

6 min

1234, 2345, 3456, 4567 etc.

Fives Sequence

6 min

12345, 23456, 34567 etc.

Sixes Sequence

6 min

123456, 234567 etc.

Sevens / Full Scale Run

6 min

Complete run through the mode, both directions

MODES COMPLETED

Ionian

Dorian

Phrygian

Lydian

Mixolydian

Aeolian

Locrian

COACH'S NOTE

Repeat the workout in all seven modes. Tick each mode off below as you complete it.

NOTES

DATE

WEEK #

START TIME

KEY THIS WEEK

SESSION RATING



TARGET · 60 MINUTES

Log your actual numbers as you go

EXERCISE

TARGET

BPM

MINS

REPS

DONE

Major 7 Arpeggios

Through all positions, alternate picking

12 min

Dominant 7 Arpeggios

Through all positions, watch the b7

12 min

Minor 7 Arpeggios

Through all positions

12 min

Minor 7b5 & Diminished

Half-diminished and fully diminished shapes

12 min

Sweep Picking Application

Apply shapes with sweep technique

12 min

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Rotate your key weekly. Arpeggios are the skeleton of every solo you'll ever play.

NOTES

DATE

WEEK #

START TIME

KEY THIS WEEK

SESSION RATING



TARGET · 25 MINUTES

Log your actual numbers as you go

EXERCISE

TARGET

BPM

MINS

REPS

DONE

Major Scale

All positions, ascending and descending

5 min

Natural Minor Scale

All positions, ascending and descending

5 min

Harmonic Minor Scale

Mind the augmented 2nd

5 min

Melodic Minor Scale

Ascending form, all positions

5 min

Pentatonic & Blues

5 positions plus the blue note

5 min

COACH'S NOTE

Five minutes each is plenty when you're focused. New key every Thursday.

NOTES

DATE

WEEK #

START TIME

TONE / SOUND

SESSION RATING



TARGET · 58 MINUTES

Log your actual numbers as you go

EXERCISE

TARGET

BPM

MINS

REPS

DONE

Open Chord Review

Clean changes, no buzzing

10 min

Barre Chords

E and A shapes up the neck

12 min

7th Chords & Extensions

maj7, m7, dom7, 9ths, 13ths

12 min

Chord Progressions

ii-V-I and common turnarounds

12 min

Voice Leading

Move between chords with minimal motion

12 min

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Tone matters as much as accuracy. Listen to every voicing before you move on.

NOTES

DATE

WEEK #

START TIME

SESSION RATING



TARGET · 59 MINUTES

Log your actual numbers as you go

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Right Hand Arpeggio Patterns p-i-m-a combinations, free stroke	15 min				
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Nail placement and stroke direction beat speed every single time.

NOTES

DATE

WEEK #

START TIME

SESSION RATING



TARGET · 60 MINUTES

Log your actual numbers as you go

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PROGRESS MARKERS

Giuliani studies covered (range)

Bouree - measures memorized

COACH'S NOTE

Sunday is where the week's work becomes music. Play, don't just practice.

NOTES

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Rest is part of the routine, not a failure of it. Tick any day you took off.

MON

TUE

WED

THU

FRI

SAT

SUN

THE NUMBERS

TARGET MINUTES

367

ACTUAL MINUTES

DAYS PRACTICED

BEST BPM GAIN

WHAT CLICKED THIS WEEK

WHAT NEEDS WORK

FOCUS FOR NEXT MONTH

COACH'S NOTE

One honest look back beats four vague ones. If a tempo stalled, note it here and start next week 10 BPM lower rather than pretending it stuck.

COACH'S NOTE

Add 1 BPM per day. It feels like nothing. It's roughly 30 BPM a month, and it's the difference between playing it and nailing it. If a tempo falls apart, drop back 10 BPM and rebuild.

EXERCISE	START	W1	W2	W3	W4	W5	W6	W7	W8	GAIN
4 Note-Per-String Exercise										
Chordal Picking										
Double-Triplets										
Modal Workout - 3rds										
Modal Workout - Fours										
Modal Workout - Sixes										
Major 7 Arpeggios										
Minor 7 Arpeggios										
Sweep Picking										
Major Scale										
Pentatonic & Blues										
Barre Chord Changes										
Tremolo Study										
Giuliani 120 Studies										

PERSONAL RECORDS

EXERCISE	BEST BPM	DATE	NOTES

REFLECTIONS ON THE WEEK