Your Piano Practice Routine

Pick the routine that fits the time you have. Each has four parts: a warm-up, one scale, your piece and something you enjoy. Log what you played overleaf.

15 minutes

Warm-up 2 min

- Sit comfortably and relax, shoulders down.
- Play C D E F G and back, slowly, one hand at a time.

One scale 3 min

- Today's scale at 60 beats a minute, one hand at a time.
- Pick a different one tomorrow.

Your piece 7 min

- One section, from a bar to a few, not always the beginning.
- Tap its rhythm on a desk or the lid first.
- Then play it slowly enough to get it right, one hand at a time.

Something you enjoy 3 min

- A piece you love, or anything you like to play.
- Or one of our easy songs, or play along with a recording.

30 minutes

Warm-up 3 min

- Sit comfortably and relax, shoulders down.
- Play C D E F G and back, slowly, one hand at a time.
- Then both hands: one short and detached, the other smooth. Swap.

One scale 6 min

- Today's scale at 60 beats a minute, one hand at a time.
- Then hands together.
- Pick a different one tomorrow.

Your piece 15 min

- One section, from a bar to a few, not always the beginning.
- Tap its rhythm on a desk or the lid first.
- Then play it slowly enough to get it right, one hand at a time.
- Then hands together, and play over the bar line into the next section.

Something you enjoy 6 min

- A piece you love, or anything you like to play.
- Or one of our easy songs, or play along with a recording.

45 minutes

Warm-up 5 min

- Sit comfortably and relax, shoulders down.
- Play C D E F G and back, slowly, one hand at a time.
- Then both hands: one short and detached, the other smooth. Swap.
- Then the black keys: the twos with your left hand and the threes with your right, up the keyboard and back, then with your eyes closed.

One scale 9 min

- First, repeat the spot where your thumb passes under (in C major's right hand, E F G).
- Today's scale at 60 beats a minute, one hand at a time, then hands together.
- Then play yesterday's scale too.

Your piece 22 min

- One section, from a bar to a few, not always the beginning.
- Tap its rhythm on a desk or the lid first.
- Then play it slowly enough to get it right, one hand at a time.
- Then hands together, and play over the bar line into the next section.
- Finish by recording one run-through and listening back.

Something you enjoy 9 min

- A piece you love, or anything you like to play.
- Or one of our easy songs, or play along with a recording.

Where the minutes come from. Our own plan, built on Jerry Kovarsky's for Yamaha: scales no more than about 20% of the time, a new piece about 30%, and time to play freely for fun. The lines come from Yamaha's and Roland's published practice tips.

This Week's Practice

Week of _____ This week's goal _____

Day	Minutes	Warm-up	Scale			Piece and bars	Something you enjoyed	Next time
			Key	Hands	Tempo (BPM)			
Mon		☐						
Tue		☐						
Wed		☐						
Thu		☐						
Fri		☐						
Sat		☐						
Sun		☐						

Notes

Free to print and share.
One week a page: print one for each week.

Every scale's notes and fingers, to see and hear:
pianoranked.com/piano-scales-chart/