

# Beginner Guitar Progress Tracker


A simple, encouraging guide to help you stay motivated, track your wins, and see real growth on your guitar journey.



## **You picked up the guitar for a reason.**

Whether you want to play for friends, write your own songs, or just relax and strum a few chords—progress happens when you *show up*.

This tracker is here to help you celebrate the small wins, stay consistent, and look back a year from now with pride at how far you've come.

 *P.S. This goes along with our podcast episode: “How Long Does It Really Take to Get Good?” Make sure to listen for extra tips and encouragement!*

## **What You'll Find Inside:**

- Monthly milestones you can aim for
- Check-in pages to reflect on progress
- Space to write down what you're learning
- Encouraging tips and quotes to keep you going
- A reminder: *everyone's timeline is different—and that's okay!*

## **One-Year Beginner Guitar Progress Timeline**

*(With 15–30 minutes of focused practice most days)*

### **Months 1–3: Building the Basics**

- **Learn Open Chords:** Start with essentials like G, C, D, Em, and Am.
- **Smooth Chord Transitions:** Begin practicing switching between chords cleanly.
- **Strumming Patterns:** Work on basic rhythm and timing, possibly with a metronome.
- **Simple Melodies or Riffs:** Try easy single-note lines to build finger control.

### **Months 4–6: Getting Comfortable**

- **Play Full Songs:** Use the chords and strumming patterns you've learned to play complete songs.
- **Add New Chords:** Introduce more chords, including some 7ths or sus chords.
- **Explore Fingerpicking:** Begin simple picking patterns if you're curious.
- **Better Rhythm & Timing:** You'll start staying in time more naturally.

### **Months 7–9: Leveling Up**

- **Barre Chord Beginnings:** Start tackling F major or other moveable chord shapes.
- **Scales & Soloing Basics:** Learn a basic scale (like the minor pentatonic) and try improvising.
- **Understand Song Structures:** Begin recognizing common chord progressions and verse-chorus forms.
- **Play with Others:** Try jamming or playing along with recordings.

## Months 10–12: Confidence & Creativity

- **More Expressive Playing:** Add techniques like hammer-ons, pull-offs, slides, and dynamics.
- **Record Yourself:** Start capturing your playing—this shows how far you’ve come!
- **Perform for Friends/Family:** Even if it’s just one song, this is a big milestone.
- **Write Simple Songs:** Combine chords and melodies into your own music.

On the next page is a ***Monthly Progress Journal*** for you to print out and fill in. Keeping track in a journal like this is super helpful in both keeping you on track and for looking back to see how far you’ve come!



# Monthly Progress Journal Template

Each month, fill out a page like this one:



Month: \_\_\_\_\_

**What I worked on:**

*(chords, strumming, songs, exercises, etc.)*

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**What felt hard this month:**

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**What felt better or easier:**

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**My small win:** 🎉

*(Maybe you switched chords without looking, or played your first song!)*

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**One thing I want to try next month:**

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## Tips to Stay on Track

- Keep your guitar visible and ready to grab.
- 10 minutes a day beats 2 hours once a week.
- Record a 30-second video each month—you'll be amazed later!
- Don't compare your Day 30 to someone else's Year 3.
- Progress isn't always linear—but it's always worth it.

*"Success is the sum of small efforts, repeated day in and day out."* – Robert Collier

## A Few Encouraging Reminders:

- Everyone's pace is different—and that's okay.
- Progress isn't always linear, but consistency always pays off.
- Even 10 focused minutes a day is better than nothing.
- Celebrate small wins (like clean chord changes or your first strummed song).
- You don't have to be "great" to feel the joy of playing music.

## Want More Help?

Get free lessons, beginner-friendly tips, and podcast extras at:

[www.GuitarLessons.org](http://www.GuitarLessons.org)