

### **Action plan example for week 3**

*Remember that this is only an example, please arrange the Action Plan so that it fits into your life. And you can use the video example, this example or make your own plan that fits you the best*

#### *First thing in the morning*

15 minutes Accelerated learning system with "Expanding sweep picking arpeggios " or one of the Etudes

#### *Mid day*

10 minutes improvising with one of the Legato licks like Easy Harmonic Minor, Pentatonic lick or Japanese minor lick

30minutes Metronome game

#### *Evening*

10 minutes improvising with selected licks

10 minutes The arpeggio system from one spot