

It's time for the

# 100-DAY CHALLENGE!!

## **The Challenge:**

To practice every day for 100 Days in a row without missing a day.

## **When:**

You must begin the challenge on or before February 1.

## **Lame Days:**

- Each participant is allowed one and only one “lame day” per week.
- Does a “lame day” mean you don't have to practice? NO!
- A “lame day” might be a very busy day when you have little time. So, instead of a full practice, just take out your instrument and perform two review pieces with maximum focus and heart. This counts as a “lame day” practice.

## **The PARENT Challenge:**

Join us! Challenge yourself to do something every day for 100 Days in a row without missing a day. Possible examples include sit ups, meditation, cleaning a high-traffic spot in your home--you pick!

## **Celebration:**

All students who complete the 100-Day Challenge are invited to attend the 100-Day Celebration Picnic on June 3 (time and location TBD).

*Want to chart your progress? Record a 30-second video either playing your instrument or talking about a daily “win”, share it with the Suzuki at MIC Facebook page and we'll post it!*