



My October 2026 practice chart

One square a day: write your minutes, color a star when you did your warm-up. On Sunday, add up the week.



Name: _____

This month's piece: _____

Daily goal: _____ minutes

Need a piece? Free Halloween pack: benchoom.com/free-piano-sheets/halloween/

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Week total
How it works 1. Write your minutes on the line. Hit your goal? Circle them! 2. Warm-up done (scales or teacher's exercise)? Color the star. 3. Gray = weekend. It counts too! On Sunday, add up the week. 4. Each star you earn: color one on the row under the chart too.			1 ____ min ★	2 ____ min ★	3 ____ min ★	4 ____ min ★	____ min ____ stars
5 ____ min ★	6 ____ min ★	7 ____ min ★	8 ____ min ★	9 ____ min ★	10 ____ min ★	11 ____ min ★	____ min ____ stars
12 ____ min ★	13 ____ min ★	14 ____ min ★	15 ____ min ★	16 ____ min ★	17 ____ min ★	18 ____ min ★	____ min ____ stars
19 ____ min ★	20 ____ min ★	21 ____ min ★	22 ____ min ★	23 ____ min ★	24 ____ min ★	25 ____ min ★	____ min ____ stars
26 ____ min ★	27 ____ min ★	28 ____ min ★	29 ____ min ★	30 ____ min ★	31 ____ min ★ 	 Happy Halloween!	____ min ____ stars

My star count (one for each star above):

25 stars = you pick your November piece!

**Before I start: my posture check (every practice)**

- Feet flat on the floor, a footstool, or a pedal extender
- Bench height set so my forearms are level with the keys
- Sit on the front half of the bench, shoulders down

Feet dangling at an adult bench? Kids bench and pedal extender: benchoom.com**Teacher's notes (one line per lesson)**

Wk 1 _____
Wk 2 _____
Wk 3 _____
Wk 4 _____
Wk 5 _____

Month total

Minutes: _____
Stars: ____ / 31
Days I hit my goal: ____ / 31
Next: November chart, Nov 1,
at the link below.

Next month's chart + free sheet music: benchoom.com/free-piano-sheets