Stella K. Weekly Calendar

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| --- | --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 7am | Wake up/Exercise | Wake up/Exercise | Wake up/Exercise | Wake up/Exercise | Wake up/Exercise | Wake up/Exercise |
| 8am | Technique and Scale practice | Technique and Scale practice | Technique and Scale practice | Technique and Scale practice | Technique and Scale practice | Technique and Scale practice |
| 9am |  |  |  |  |  |  |
| 10am | Work | Work | Work | Theory/History Reading | Work |  |
| 11am | Work | Work | Work |  | Work | Work |
| 12pm | Work | Work | Work | Literature Practice | Work | Work |
| 1pm | Work | Work | Work | Lecture watching | Work | Work |
| 2pm | Work | Work | Work |  |  | Work |
| 3pm | Work | Work | Work | Private Lesson | Literature Practice |  |
| 4pm | Work | Work | Work |  | Theory/History Reading | Literature Practice |
| 5pm | Work | Work | Work | Ensemble Practice |  | Theory/History Reading |
| 6pm |  |  |  |  |  |  |
| 7pm | Literature Practice | Literature Practice | Literature Practice |  | Performance | Performance |
| 8pm | Lecture watching | Theory/History Reading |  |  |  |  |
| 9pm |  |  |  |  |  |  |

Above, we see the schedule for Stella, she’s 22 years old and holds a part time job as a hairdresser and nail technician. Her busiest days are Monday, Tuesday, and Wednesday with a day off on Thursday and half-days on Friday and Saturday. Sunday, she takes off from everything.

You can see she’s devoted two hours a day to practicing her instrument, one-hour for technique and one for practicing pieces. She spends about 2-3 hours a week reading theory/history texts and about the same amount of time watching lectures on YouTube or DVDs.

Additionally, she plays in a band on the weekends so she has regular practice every Thursday which is the same day she takes her private lesson.

All in all, between practice, study, lessons, and performance, Stella spends about 23 hours every week working on her craft.