

# Do you want a faster hand speed?

Date:									
Speed:									
Time:									
Date:									
Speed:									
Time:									
Date:									
Speed:									
Time:									
Date:									
Speed:									
Time:									

- Aim to play for 5 minutes straight, one hand at a time.
- If you do it, tomorrow go 1BPM faster.
- If you don't, write how long you played it for.
- Stick at that speed until you can play it for 5 minutes.
- **Repeat every day for the rest of your life**