
Week	Focus	Daily (10–15 min)
1	A-shape at 5th fret (D)	Form, check each string, rest
2	E-shape at 5th fret (A)	Switch open chord → barre
3	Move shapes: 3rd–7th frets	G–C–D–Em progression
4	F at 1st fret, minor shapes	Play a full song

- ☐ Clean A-shape
- ☐ Clean E-shape
- ☐ Minor shapes
- ☐ F at the 1st fret
- ☐ Changes in time with a metronome