

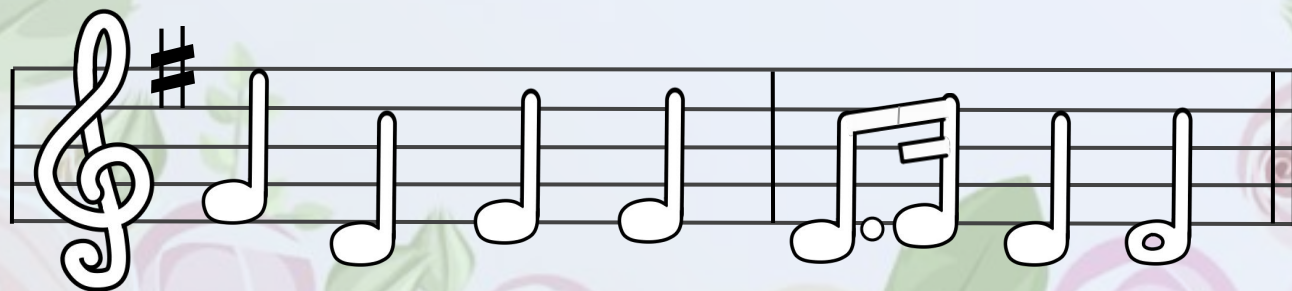
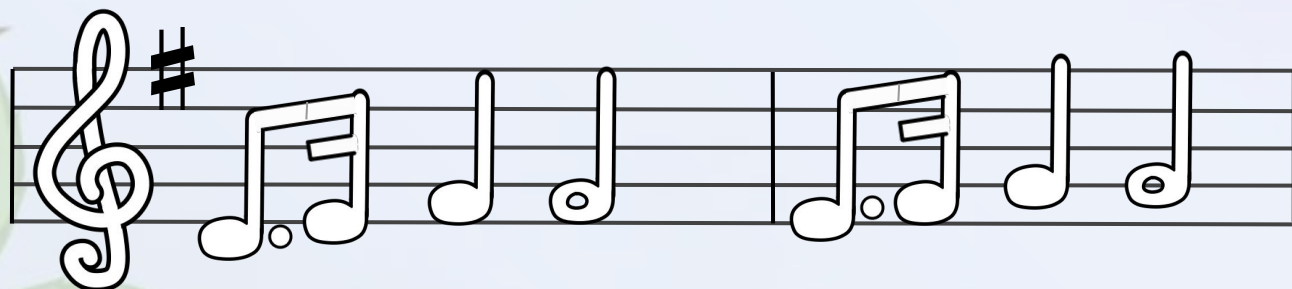
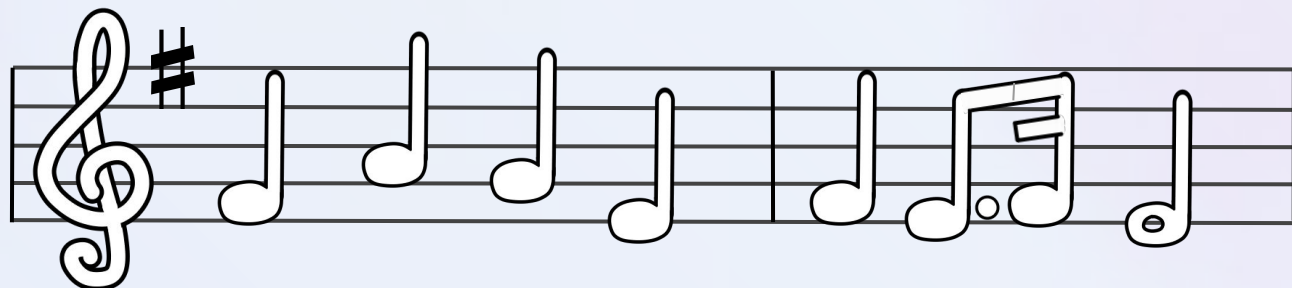
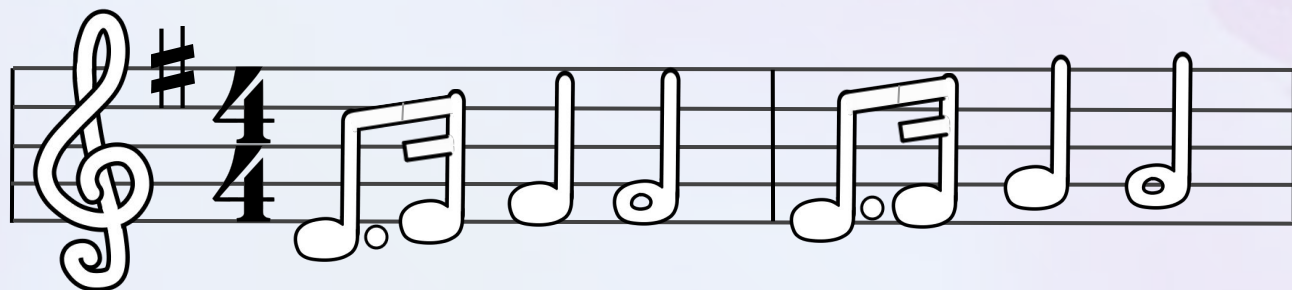
2023 Summer Practice Challenge

Want to win a Nintendo Switch, AirPods, or Apple Watch?

For every 15 minutes you practice, colour in 1 note.

Every **4 notes** (1 measure) you colour in is 1 draw entry!

Details on back.



Name: _____

Age: ____ (18 or under)

Entry Information

- Total hours practiced (# of measures coloured): ____

Bonus entries: Complete these challenges to get additional entries! When you're done, colour in the correct treble clef.

- Treble clef #1: Submit a video of you playing something you've practiced! (Minimum 15 seconds each.)
- Treble clef #2: Make the video you submit playing the piece on the front!
- Treble clef #3 and #4: Tell 2 friends to join the practice challenge!
 - Name of first friend: _____
 - Name of second friend: _____
 - You'll only get the bonus if they also submit a practice sheet.

Submission Information

- 1) Scan or take a photo of **both** completed sides of this page (signed!)
- 2) Take a photo of you with your instrument.
- 3) Submit your photos and optional video to our website before
August 20th, 11:59pm PT: fromart2heart.org/summer-challenge

Open to all instrument and skill levels! We offer free instrument rentals at:
www.fromart2heart.org/free-rentals

Prize Information

Each entry gives you a chance to win up to \$100 worth of prizes per phase. (Only one sheet may be filled out per person per phase.)

You'll also get an entries for a chance to win the **GRAND PRIZE: a Nintendo Switch, AirPods, or Apple Watch.**

Have a question? Send an email to
info@fromart2heart.org

TO BE FILLED BY THE Parent/Guardian: Sign
here to confirm that your child has practiced
the indicated amount: _____