FREE PRINTABLE PLAN

30-Day Piano Challenge

Teach yourself piano in 20 minutes a day, from your first note to playing with both hands.

- A task for every day
- Cheat sheet
- Video self-check
- Weekly check-ins
- Tempo log
- Certificate for day 30



HOW TO USE THIS PLAN

Teach yourself piano in 30 days

This is the printable companion to the free guide How to Play Piano: Teach Yourself Step by Step on Pianoers.com. Each day has one small task that takes about 20 minutes. By day 30 you will play melodies with both hands, know four chords that fit thousands of songs, read simple notes and play with a steady beat.

Each session

1. **Warm up (3 min):** the five-finger pattern in C position, each hand.
2. **Today's task (12 min):** slowly, hands separately first.
3. **Play for fun (5 min):** anything you enjoy, including earlier songs.

Five rules that make it work

1. **Little and often.** Twenty minutes, five or six days a week, beats one long session.
2. **Slow is fast.** If you make the same mistake twice, halve the speed.
3. **Count out loud** and use a metronome.
4. **Fix the hard bars first** instead of always starting from the top.
5. **Missed a day?** Just carry on tomorrow. Don't try to catch up twice.

> **The tools on the website:** play your first song on an on-screen keyboard, use the free metronome, work out how long your goals will take, and tick off the challenge online.

My goal

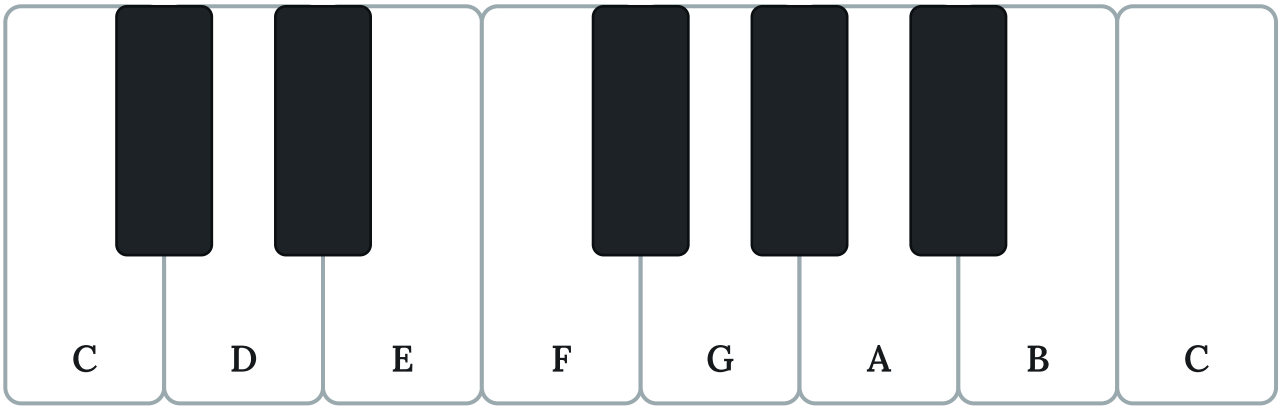
Write one sentence, for example: "In a year I want to play Let It Be and sing along."

My practice time

When and where will you practise? Link it to something you already do every day.

CHEAT SHEET

C position, songs and chords



Right thumb (1) on middle C, then fingers 2, 3, 4 and 5 on D, E, F and G. Left hand: finger 5 on the C below middle C.

First songs (right hand)

Ode to Joy: E E F G | G F E D | C C D E | E· D D

Mary Had a Little Lamb: E D C D | E E E | D D D | E G G

Twinkle, Twinkle: C C G G | A A G | F F E E | D D C

"·" means hold the note a little longer. For Twinkle, stretch finger 5 up to A.

Four chords

C	C E G
G	G B D
Am	A C E
F	F A C

Right-hand fingers 1 3 5. Loop C, G, Am, F with four beats each.

C major scale

Right hand: 1 2 3, thumb under, 1 2 3 4 5
Left hand: 5 4 3 2 1, finger 3 over, 3 2 1

Counting

Whole note 4 beats · half note 2 · quarter note 1 · eighth note ½. A dot adds half the value.

WEEK 1

Find your way around

About 20 minutes a day: a 3-minute warm-up, then today's task, then play something you enjoy. Tick the box when you are done.

Day	Today's task	Time	Done
Day 1	**Find every C, D and E** Use the two black keys as your landmark.	___ min	☐
Day 2	**Find F, G, A and B** Name any key in under two seconds.	___ min	☐
Day 3	**Right-hand five-finger pattern** C position: C D E F G with fingers 1 to 5.	___ min	☐
Day 4	**Left hand, then Mary Had a Little Lamb** Five-finger pattern with the left hand, then Mary with the right.	___ min	☐
Day 5	**Ode to Joy, right hand** Slowly, one finger per key.	___ min	☐
Day 6	**Count with a click at 60 bpm** Clap and count quarter and half notes.	___ min	☐
Day 7	**Play both songs for someone** Or record yourself and listen back.	___ min	☐

> **Check-in:** Play both songs for someone, or record them. Can you name any key in under two seconds?

Notes

WEEK 2

Rhythm and reading

About 20 minutes a day: a 3-minute warm-up, then today's task, then play something you enjoy. Tick the box when you are done.

Day	Today's task	Time	Done
Day 8	**Treble landmarks: middle C and G** Read C to G on the treble staff.	___ min	☐
Day 9	**Bass landmarks: F and C** Read the left-hand C position notes.	___ min	☐
Day 10	**Clap and count a line of rhythm** Whole, half and quarter notes and rests.	___ min	☐
Day 11	**Twinkle, Twinkle, right hand** Stretch finger 5 up to A.	___ min	☐
Day 12	**Your first chord: C major** C E G, fingers 1 3 5, each hand.	___ min	☐
Day 13	**F and G chords** Switch C, F and G slowly.	___ min	☐
Day 14	**Record Twinkle and your chords** Day 14 check-in.	___ min	☐

> **Check-in:** Record Twinkle and your C, F and G chords. Is your beat steady when you count out loud?

Notes

WEEK 3

Chords and both hands

About 20 minutes a day: a 3-minute warm-up, then today's task, then play something you enjoy. Tick the box when you are done.

Day	Today's task	Time	Done
Day 15	**A minor, then loop C, G, Am, F** Four beats on each chord.	___ min	☐
Day 16	**Left-hand roots under the chords** LH plays C, G, A, F while RH holds the chord.	___ min	☐
Day 17	**Hands together: level 1** Melody plus one long left-hand note per bar.	___ min	☐
Day 18	**C major scale, right hand** Tuck the thumb under after E.	___ min	☐
Day 19	**C major scale, left hand** Cross finger 3 over after G.	___ min	☐
Day 20	**Hands together: level 2** Mary, with a left-hand root on beat 1.	___ min	☐
Day 21	**Film your hands** Check your wrists, fingers and shoulders.	___ min	☐

> **Check-in:** Film your hands from the side and from above. Wrists level? Fingers curved?

Notes

DAYS 22 TO 30

Make it music

About 20 minutes a day: a 3-minute warm-up, then today's task, then play something you enjoy. Tick the box when you are done.

Day	Today's task	Time	Done
Day 22	**Soft and loud** Play Ode to Joy quietly, then strongly.	___ min	☐
Day 23	**Sustain pedal** Change the pedal with each chord.	___ min	☐
Day 24	**Left-hand broken chords** C G E G under the four chords.	___ min	☐
Day 25	**Sight-read four new bars** From today, do this every session.	___ min	☐
Day 26	**The first line of a song you love** Use a chord sheet or an app.	___ min	☐
Day 27	**Tempo ladder** Up 4 bpm after three clean runs.	___ min	☐
Day 28	**Ode to Joy, hands together** Left-hand C and G chords, one per bar.	___ min	☐
Day 29	**Play it all, then choose a course** Pick what you will learn next.	___ min	☐
Day 30	**Perform it** Play for someone or share your video.	___ min	☐

> **Check-in:** Perform for someone or share your video. Then choose the course you will follow next.

Notes

TEMPO LOG

Climb the tempo ladder

Start at the speed where you play a passage perfectly. After three clean runs in a row, go 4 bpm faster. After a mistake, step back down 4 bpm.

Date	Piece and bars	Start bpm	End bpm	Goal bpm

BE YOUR OWN TEACHER

Video self-check

Film the same piece on day 21 and day 30, from three angles. Tick what looks right, and note what to work on.

Angle	Check	Day 21	Day 30
Side	Wrists level, not sagging	☐	☐
Side	Fingers curved, knuckles firm	☐	☐
Above	Fingers match the numbers	☐	☐
Above	The thumb passes under smoothly	☐	☐
Behind	Shoulders down and loose	☐	☐
Behind	Elbows slightly in front of the body	☐	☐
Listen	A steady beat	☐	☐
Listen	Even volume	☐	☐
Listen	No pauses at the hard bars	☐	☐

What to work on next

PIANOERS.COM

Certificate of completion

30-Day Piano Challenge

This certifies that

_____

practised the piano for 30 days and taught themselves to play melodies with both hands, four chords, the C major scale, and simple music from the page.

_____ _____

Date First song I performed

What next? Choose your course at pianoers.com/best-piano-lessons-online