ESTA UK · 100 STRING TEACHERS

30-DAY PRACTICE CHALLENGE

Say hello to your instrument, every day, 1–30 November 2026

Name: _____ Instrument: _____

1 ☐	2 ☐	3 ☐	4 ☐	5 ☐	6 ☐
7 ☐	8 ☐	9 ☐	10 ☐	11 ☐	12 ☐
13 ☐	14 ☐	15 ☐	16 ☐	17 ☐	18 ☐
19 ☐	20 ☐	21 ☐	22 ☐	23 ☐	24 ☐
25 ☐	26 ☐	27 ☐	28 ☐	29 ☐	30 ☐

Sponsor registration form: estastrings.org.uk/sayhellosponsor

Ask your sponsors to register their pledge, and pay via Big Give, 1–8 December

Teacher confirmation: _____ Days completed: _____ / 30