



Drum Or Die

30-Day Discipline Grid

This grid is your personal challenge to stay consistent and become a beast.

Drummers don't rise to the occasion they fall to their level of preparation.

Each day, spend at least 20 focused minutes. Track your progress weekly.

WEEK 1:

Day 1 - Rudiments (rolls, paradiddles)

Day 2 - Metronome timing (groove drills)

Day 3 - Creative fills (build 3 new ones)

Day 4 - Foot technique (heel-toe, doubles)

Day 5 - Speed day (log max BPM)

Day 6 - Song practice (tighten transitions)

Day 7 - Free jam + self-record

WEEK 2-4: Repeat with variations, add tempo challenges, increase duration

End of Month:

- Re-record same groove/fill from Day 1
- Compare timing, feel, and control

Discipline makes savages. Track it, live it, level up.