If you've never used a metronome, this simple week plan will get you comfortable.

Start simple

Clap with the click at 60 BPM, then play single notes on the beat.

Add subdivisions

Move to eighth notes.

Play real music

Use an easy tune at a slow tempo.

Day 7

Try a gap click **metronome** with **metronome** two silent bars, and write down your results.