

7-Day Beginner Piano Starter Plan

Piano Starter Lab

A calm, song-first practice plan for adults and busy beginners.

Before you begin:

You do not need to master theory this week. You need a repeatable starting routine. Use any keyboard or piano. Practice 1520 minutes if possible. Five focused minutes is still better than skipping.

Day 1 Find your keyboard map

Goal: Know where middle C is and understand the pattern of black keys.

Practice: Find every group of two black keys. The white key just to the left of each two-black-key group is C. Play C-D-E-F-G slowly with your right hand.

Win condition: You can find C anywhere on the keyboard.

Day 2 Build your first rhythm habit

Goal: Play steady quarter notes without rushing.

Practice: Choose any C. Count 1-2-3-4 out loud while playing C on each number. Then alternate C and G.

Win condition: Your hand follows a steady count.

Day 3 Learn three friendly chords

Goal: Play C, F, and G as simple triads.

Practice: C major = C-E-G. F major = F-A-C. G major = G-B-D. Play each chord slowly, then move between them.

Win condition: You can form the shapes without staring for too long.

Day 4 Make it musical

Goal: Turn chords into a simple pattern.

Practice: Play C for four counts, F for four counts, G for four counts, then C again. Keep the rhythm relaxed.

Win condition: It sounds like a tiny song structure, not random notes.

Day 5 Add left hand roots

Goal: Use the left hand without getting overwhelmed.

Practice: Left hand plays one root note: C, F, G, C. Right hand plays the matching chord.

Win condition: Both hands can participate slowly.

Day 6 Try a song-first mindset

Goal: Notice that many songs are built from repeating chord patterns.

Practice: Repeat C-F-G-C, then try C-G-Am-F if you know A minor: A-C-E.

Win condition: You understand why chords unlock songs faster than isolated note

drills.

Day 7 Choose your next path

Goal: Decide whether you need more structure.

Practice: Repeat your best chord pattern for five minutes. Then write down what confused you most: fingering, rhythm, chord changes, reading, or consistency.

Win condition: You know what to learn next.

Common beginner mistakes:

1. Trying to learn everything at once.
2. Treating theory like a gatekeeper instead of a helpful tool.
3. Jumping between random videos with no sequence.
4. Practicing too fast.
5. Quitting because the first week feels awkward.

A gentle next step:

If this 7-day plan felt encouraging, a structured course can help because it gives you sequence. Piano Starter Lab often recommends looking at chord-first programs like Pianoforall because they are built for beginners who want to play recognizable music without beginning with months of abstract theory. Review the course fit before buying.

Disclosure: Piano Starter Lab may earn a commission if you purchase through some links, at no extra cost to you.