If you've never used a metronome, start with this one-week *metronome* plan.

Start simple

Clap along at 60 BPM for two minutes, then play single notes on the beat.

Add subdivisions

Move ***online metronome*** to eighth notes.

Play real music

Use an easy tune at a slow tempo.

Test yourself

Try a gap click with two silent bars, and note your best tempo.