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

Days 1–2

Clap with the click at 60 BPM, then **metronome** play one note per click.

Days 3–4

Move to eighth notes.

Days 5–6

Play a simple song slowly with the click.

Test yourself

Test your time with silent bars, and write down your results.