F MAJOR PENTATONIC

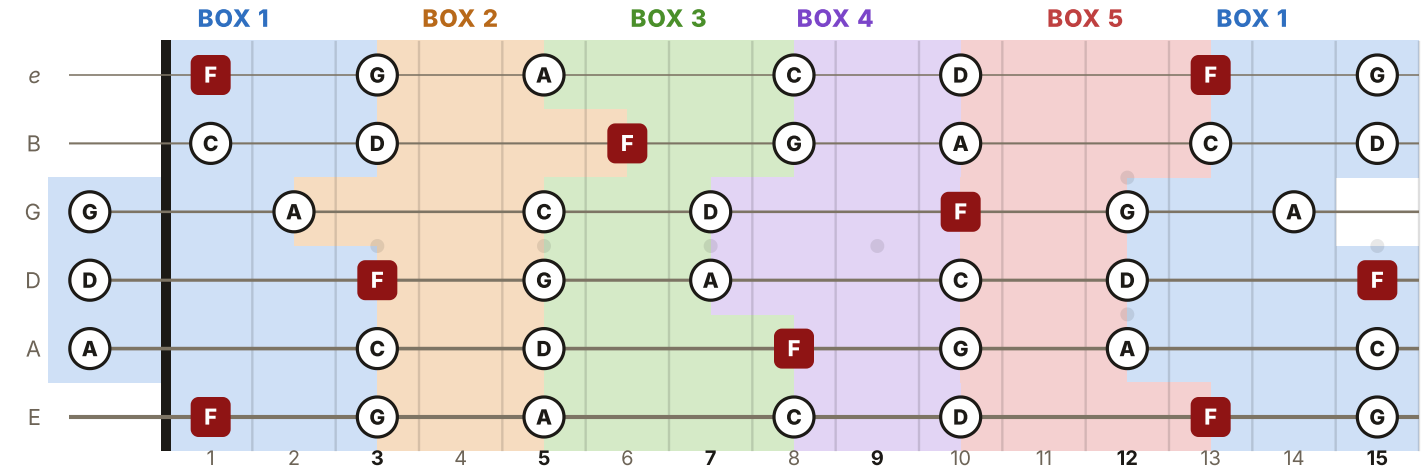
ALL 5 BOXES ON GUITAR · STANDARD TUNING

PENTATONIC BOX

NOTES **F** 1 · **G** 2 · **A** 3 · **C** 5 · **D** 6

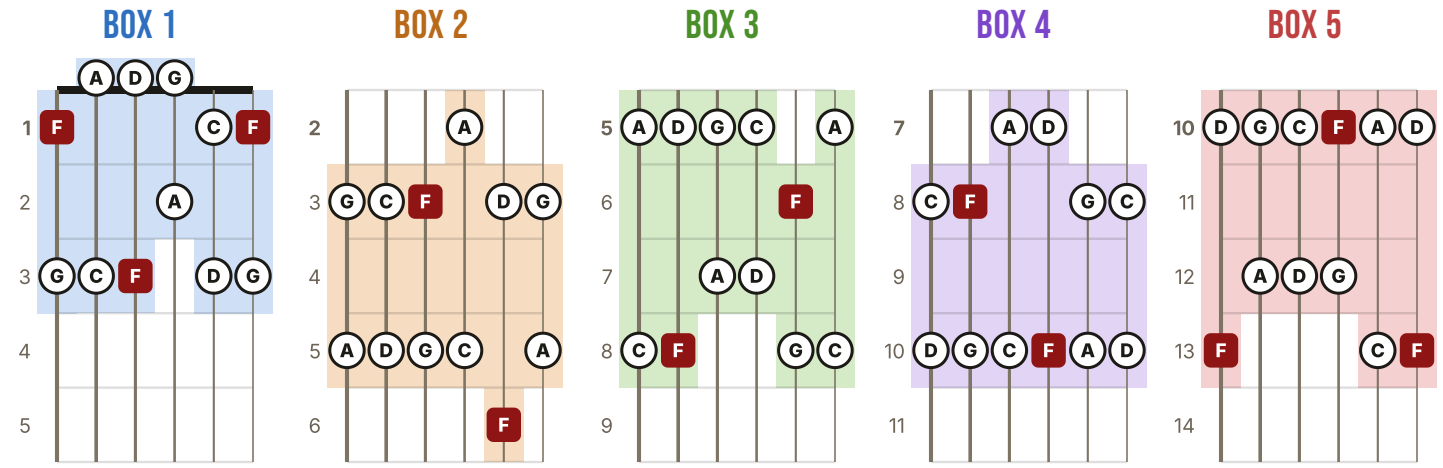
Relative minor: D minor uses the same 5 shapes.

THE WHOLE NECK



Root (F) Each color is one box. Notes on a color edge are shared by two boxes.

BOX BY BOX



1. Learn Box 1 first

Play it low to high and back, two notes per string. Say each note name as you go.

2. Land on the roots

Start and end your phrases on F (the dark squares). They're your home base in every box.

3. Connect the boxes

Each box shares notes with the next, where the colors meet. Slide across them to move up the neck.

7-DAY PRACTICE PLAN

Day 1 ☐	Day 2 ☐	Day 3 ☐	Day 4 ☐	Day 5 ☐	Day 6 ☐	Day 7 ☐
Box 1 up and down, slowly	Box 1, landing on every root	Box 2 up and down	Connect Box 1 → Box 2	Box 3, then connect 2 → 3	Boxes 4 and 5	All 5 boxes, end on the root