If you've never used a metronome, this simple week *metronome* 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.

Days 5–6

Play a *MetronomeWorld online metronome* simple song slowly with the click.

Test yourself

Test your time with silent bars, and note your best tempo.