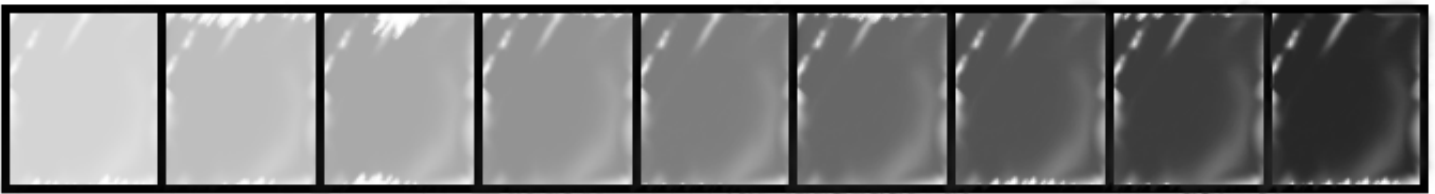## Exercise for Better Pencil Weight Control

Each day, take 5 to 10 minutes to complete this exercise. With a **single pencil**, fill in each row of boxes. Your goal is for every box to contain a different color value, starting from lightest and progressing to darkest.

This will help refine your control over the values you can produce with each pencil you pick up, giving you access to more shading techniques and subtlety.

Example of a completed exercise:

Day 1

Day 2

Exercise for Better Pencil Weight Control

Day 3

Day 4

Day 5

Day 6

Exercise for Better Pencil Weight Control

Day 7

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

Exercise for Better Pencil Weight Control

Day 15

Day 16

Day 17

Day 18

Line
of action

Day 19

Day 20

Day 21

Day 22

Exercise for Better Pencil Weight Control

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

Day 29

Day 30