

# How to Learn ANATOMY

in 30 days

for Artists



## Top Priorities!



Notes

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 Proportions	2 Simplified Skeleton	3 Muscle Groups	4 Gesture Drawing	5 Basic Shapes & Forms	6 Simple Pose Studies	7 Review & Reflect
8 Torso Structure	9 Shoulder & Arm Anatomy	10 HANDS	11 Simplified Poses	12 Hand Gesture Drawing	13 Upper Body Practice	14 Review & Reflect
15 Pelvis & Hip Anatomy	16 Leg Anatomy	17 Feet Anatomy	18 Lower Body Poses	19 Leg Gesture Drawing	20 Lower Body Practice	21 Review & Reflect
22 Full Body Skeleton Drawing	23 Full Body Muscle Drawing	24 Dynamic Poses	25 Figure Drawing Session	26 Anatomy From Imagination	27 Self Critique	28 Final Full Figure Drawing
29 Create a Reference Sheet	30 Reflect & Set Goals					