-Simply put , the Nashville Number System assigns numbers to note or chord names.

Key	1	2	3	4	5	6	7
A	A	в	C#	D	E	F#	G#
в	в	C#	D#	E	F#	G#	A#
С	С	D	E	F	G	A	в
D	D	E	F#	G	A	в	C#
Е	Е	F#	G#	A	в	C#	D#
F	F	G	A	Bb	С	D	E
G	G	A	в	С	D	E	F#

-Let's look at an illustration & then discuss further:

-The first column shows the Key you are working in & the top row shows the number assigned to each note/chord in that key. (Ex. In the Key of A, the 1 (or 'root') is A, the 2 is B & so on)

-Learning this chart will help you in several ways:

-When you begin forming chords & you know that a major chord is made up of the 1, 3 & 5 notes of the Key, you can refer to the chart & know that a Gmaj chord is composed of the notes G(1), B(3) & D(5).

-Also, if someone tells you a song is a '1-4-5' in the Key of C, you can play along knowing that you will be playing the chords C, F & G.

-The chart will also help when you begin learning scales & playing blazing guitar solos!