

7-Day Scale Routine

The purpose of this routine is to help you become familiar with all 12 major or minor scales, while still giving you time to focus on those scales that are less familiar. Each day's routine can be completed in 15 minutes. You will begin to hear results early on!

Guidelines for Each Day

1. Pick a goal tempo to work toward. This tempo should be the same for all 7 days. You can adjust the tempo for accuracy, clean technique, and tone quality.
2. The chromatic scale should be done at a tempo where you can maintain accuracy, clean technique, and tone quality. This can be different than the goal tempo for major scales.
3. Use a metronome for the entire session. Otherwise, you are just playing notes!
4. Set a 15-minute timer and focus on the day's scales until it goes off. Take a break, and you can decide to continue working on this or move on for the day.
5. Check in on your physical condition often. Your body, fingers, and embouchure should feel comfortable throughout the routine. If you feel pain, take a break.
6. Write down your TLC scales and any observations about your progress as you work through.

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| DAY 1 | F, Bb, Eb, 1st octave of chromatic (d, g, c) |
| DAY 2 | Ab, Db, Gb, 2nd octave of chromatic (f, bb, eb) |
| DAY 3 | B, E, A, 3rd octave of chromatic (ab, c#, f#) |
| DAY 4 | D, G, C, full chromatic scale (b, e, a) |
| DAY 5 | All 12 Major/Minor Scales & full Chromatic @ goal tempos |
| DAY 6 | Play 2-4 scales that need help (TLC) in articulation patterns |
| DAY 7 | TLC scales at goal tempo |