

Scale Tempo Tracker

**Use this to track your tempo every day. Write the highest COMFORTABLE tempo you reached each day, with no mistakes. The number you write does NOT always have to be higher than the last. Try different keys every week to keep yourself playing all your scales. Track for a month and look back at your progress!

	Week of:	/	Registe	r Focus (circle all a	applicable): Lo	w / Med / High	
Key →	Key:					Qs, 8ths or 16ths?	
Key /	Day 1						
Tempo	Day 2						
	Day 3						
	Day 4						
	Day 5						
	Day 6						
	Day 7						
	Week of:	:/	Registe	r Focus (circle all a	applicable): Lo	w / Med / High	
Key →	Key:					Qs, 8ths or 16ths?	
	Day 1						
Tempo	Day 2						
	Day 3						
	Day 4						
	Day 5						
	Day 6						
	Day 7						
	Day 7						
	-		Registe	r Focus (circle all a	applicable): Lo	w / Med / High	
Key →	Week of:		Registe	r Focus (circle all a	applicable): Lo	w / Med / High Qs, 8ths or 16ths?	
	-		Registe	r Focus (circle all a	applicable): Lo		
Key → Tempo	Week of:		Registe	r Focus (circle all a	applicable): Lo		
	Week of: Key: Day 1	<i></i>	Registe	r Focus (circle all a	applicable): Lo		
	Week of: Key: Day 1 Day 2		Registe	r Focus (circle all a	applicable): Lo		
	Week of: Key: Day 1 Day 2 Day 3		Registe	r Focus (circle all a	applicable): Lo		
	Week of: Key: Day 1 Day 2 Day 3 Day 4		Registe	r Focus (circle all a	applicable): Lo		
	Week of: Key: Day 1 Day 2 Day 3 Day 4 Day 5		Registe	r Focus (circle all a	applicable): Lo		
	Week of: Key: Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7					Qs, 8ths or 16ths?	
Tempo	Week of: Key: Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7 Week of:			r Focus (circle all a		Qs, 8ths or 16ths? w / Med / High	
	Week of: Key: Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7 Week of: Key:					Qs, 8ths or 16ths?	
Tempo	Week of: Key: Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7 Week of: Key: Day 1					Qs, 8ths or 16ths? w / Med / High	
Tempo Key →	Week of: Key: Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7 Week of: Key: Day 1 Day 2					Qs, 8ths or 16ths? w / Med / High	
Tempo Key →	Week of: Key: Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7 Week of: Key: Day 1 Day 2 Day 3					Qs, 8ths or 16ths? w / Med / High	
Tempo Key →	Week of: Key: Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7 Week of: Key: Day 1 Day 2 Day 3 Day 4					Qs, 8ths or 16ths? w / Med / High	
Tempo Key →	Week of: Key: Day 1 Day 2 Day 3 Day 4 Day 5 Day 6 Day 7 Week of: Key: Day 1 Day 2 Day 3					Qs, 8ths or 16ths? w / Med / High	