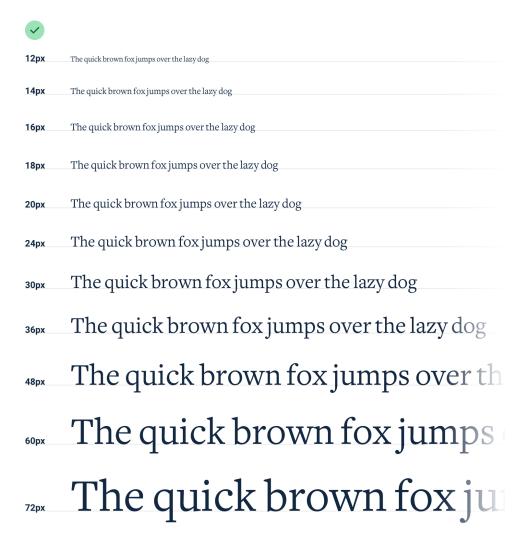
Here's an example of a scale that works well for most projects and aligns nicely with the spacing and sizing scale recommended in "Establishing a spacing and sizing system":



It's constrained just enough to speed up your decision making, but isn't so limited as to make you feel like you're missing a useful size.