Practice Effectively Check List

***Note****: This is the path outlined in the “Practice Effectively: Master Your Scales and Instruments.pdf” that goes with this routine. Mind you, if you already know you scale positions, triads, and 7th chords, then you can use this checklist without looking at the document, but I advise you look at the tabs for this routine.*

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| **Done** | **Exercise** |
|  | Scales (The Warm Up) 01: Ascending/Descending |
|  | Scales (The Warm Up) 02: Descending/Ascending |
|  | Scaling in Thirds 01: Ascending (1 - 3)/Descending (1 - 3) |
|  | Scaling in Thirds 02: Ascending (1 - 3)/Descending (3 - 1) |
|  | Scaling in Thirds 03: Ascending (3 - 1)/Descending (3 - 1) |
|  | Scaling in Thirds 04: Ascending (3 - 1)/Descending (1 - 3) |
|  | Scaling in Thirds 05: Descending (1 - 3)/Ascending (1 - 3) |
|  | Scaling in Thirds 06: Descending (1 - 3)/Ascending (3 - 1) |
|  | Scaling in Thirds 07: Descending (3 - 1)/Ascending (3 - 1) |
|  | Scaling in Thirds 08: Descending (3 - 1)/Ascending (1 - 3) |
|  | Scaling in Fourths 01: Ascending (1 - 3)/Descending (1 - 3) |
|  | Scaling in Fourths 02: Ascending (1 - 3)/Descending (3 - 1) |
|  | Scaling in Fourths 03: Ascending (3 - 1)/Descending (3 - 1) |
|  | Scaling in Fourths 04: Ascending (3 - 1)/Descending (1 - 3) |
|  | Scaling in Fourths 05: Descending (1 - 3)/Ascending (1 - 3) |
|  | Scaling in Fourths 06: Descending (1 - 3)/Ascending (3 - 1) |
|  | Scaling in Fourths 07: Descending (3 - 1)/Ascending (3 - 1) |
|  | Scaling in Fourths 08: Descending (3 - 1)/Ascending (1 - 3) |
|  | Scaling in Fifths 01: Ascending (1 - 3)/Descending (1 - 3) |
|  | Scaling in Fifths 02: Ascending (1 - 3)/Descending (3 - 1) |
|  | Scaling in Fifths 03: Ascending (3 - 1)/Descending (3 - 1) |
|  | Scaling in Fifths 04: Ascending (3 - 1)/Descending (1 - 3) |
|  | Scaling in Fifths 05: Descending (1 - 3)/Ascending (1 - 3) |
|  | Scaling in Fifths 06: Descending (1 - 3)/Ascending (3 - 1) |
|  | Scaling in Fifths 07: Descending (3 - 1)/Ascending (3 - 1) |
|  | Scaling in Fifths 08: Descending (3 - 1)/Ascending (1 - 3) |
|  | Scaling in Sixths 01: Ascending (1 - 3)/Descending (1 - 3) |
|  | Scaling in Sixths 02: Ascending (1 - 3)/Descending (3 - 1) |
|  | Scaling in Sixths 03: Ascending (3 - 1)/Descending (3 - 1) |
|  | Scaling in Sixths 04: Ascending (3 - 1)/Descending (1 - 3) |
|  | Scaling in Sixths 05: Descending (1 - 3)/Ascending (1 - 3) |
|  | Scaling in Sixths 06: Descending (1 - 3)/Ascending (3 - 1) |
|  | Scaling in Sixths 07: Descending (3 - 1)/Ascending (3 - 1) |
|  | Scaling in Sixths 08: Descending (3 - 1)/Ascending (1 - 3) |
|  | Diatonic Triads 01: Root Position - Ascending/Ascending |
|  | Diatonic Triads 02: Root Position - Ascending/Descending |
|  | Diatonic Triads 03: Root Position - Descending/Ascending |
|  | Diatonic Triads 04: Root Position - Descending/Descending |
|  | Diatonic Triads 05: 1st Inversion - Ascending/Ascending |
|  | Diatonic Triads 06: 1st Inversion - Ascending/Descending |
|  | Diatonic Triads 07: 1st Inversion - Descending/Ascending |
|  | Diatonic Triads 08: 1st Inversion - Descending/Descending |
|  | Diatonic Triads 09: 2nd Inversion - Ascending/Ascending |
|  | Diatonic Triads 10: 2nd Inversion - Ascending/Descending |
|  | Diatonic Triads 11: 2nd Inversion - Descending/Ascending |
|  | Diatonic Triads 12: 2nd Inversion - Descending/Descending |
|  | Diatonic 7th Chords 01: Root Position - Ascending/Ascending |
|  | Diatonic 7th Chords 02: Root Position - Ascending/Descending |
|  | Diatonic 7th Chords 03: Root Position - Ascending/Ascending |
|  | Diatonic 7th Chords 04: Root Position - Ascending/Descending |
|  | Diatonic 7th Chords 05: 1st Inversion - Descending/Ascending |
|  | Diatonic 7th Chords 06: 1st Inversion - Descending/Descending |
|  | Diatonic 7th Chords 07: 1st Inversion - Descending/Ascending |
|  | Diatonic 7th Chords 08: 1st Inversion - Descending/Descending |
|  | Diatonic 7th Chords 09: 2nd Inversion - Ascending/Ascending |
|  | Diatonic 7th Chords 10: 2nd Inversion - Ascending/Descending |
|  | Diatonic 7th Chords 11: 2nd Inversion - Descending/Ascending |
|  | Diatonic 7th Chords 12: 2nd Inversion - Descending/Descending |
|  | Diatonic 7th Chords 13: 3rd Inversion - Ascending/Ascending |
|  | Diatonic 7th Chords 14: 3rd Inversion - Ascending/Descending |
|  | Diatonic 7th Chords 15: 3rd Inversion - Descending/Ascending |
|  | Diatonic 7th Chords 16: 3rd Inversion - Descending/Descending |

# Order of Scales

1. C Major | A Minor
2. E Major | C# Minor
3. Ab Major | F Minor
4. G Major | E Minor
5. B Major (Cb Major) | G# Minor (Ab Minor)
6. Eb Major | C Minor
7. D Major | B Minor
8. F# Major (Gb Major) | Eb Minor (D# Minor)
9. Bb Major | G Minor
10. A Major | F# Minor
11. Db Major (C# Major) | Bb Minor (A# Minor)
12. F Major | D Minor