	C major LH	G major RH	D major RH	A harm. minor LH	E harm. minor RH	C major contrary	A minor contrary
One finger only, one octave ("note checker")							
Ascending only							
Play twice, second time louder							
Starting from the outside							
*Rhythm: 'away we go'							
*Accent: 'the grass is green'							
piano ascending, forte descending							
Staccato one octave							
Eyes closed							

^{*}To hear a demonstration of these methods, go to www.scaleblitzer.com/soundfiles

Choose around 5 or 6 tasks each day, and try to choose a different key and method each time. Keep practising the task until you get it, then rate yourself by colouring in the box!

Green (or write E for 'Easy')	You got it the first or second attempt				
Yellow (or just M for 'Moderate')	It took you 3-4 attempts before you got it				
Orange (or D for 'Difficult'	It took you 5-10 attempts before you got it				
Red (or I for 'Impossible')	You tried really hard but just couldn't get it!				

Enjoying these activities?
Then you'll LOVE the ScaleBlitzer app!
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