



Ascending Major Scale

Why this matters	<p>The major scale is the foundation of most Western music. By practicing it daily, you build the pitch accuracy, vocal coordination, and tonal awareness needed for confident, flexible singing.</p> <p>This week, we'll focus on singing the ascending major scale slowly, cleanly, and with purpose.</p>
Daily Practice Plan – Just 2 Minutes a Day	<p>Each day, follow these steps:</p> <ol style="list-style-type: none">1. Audiate the major scale in your mind (30 sec)2. Sing it slowly with solfège in one comfortable key (30 sec)3. Repeat in a second key if you feel confident (optional)4. Listen back to a recording and reflect (1 min, optional)5. Bonus: Try starting on Re or Mi while keeping solfège the same.
Beginner Adjustments	<ul style="list-style-type: none">• Start with a 5-tone scale: Do-Re-Mi-Fa-Sol• Hum before singing• Stick to mid-range notes for control
Intermediate Variations	<p>Try adding one of these each day:</p> <ul style="list-style-type: none">• New key• Different starting pitch• Fast vs. slow tempo• Softer dynamics as you ascend• Use scale degrees instead of solfège
Common Pitfalls to Watch For	<ul style="list-style-type: none">• Passaggio strain – Lighten your tone above the break• Mi-Fa overshoot – Practice this half-step slowly• Unwanted crescendos – Control your volume on the ascent



Weekly Practice Log – Track Your Progress

Day	Practiced?	What Key(s)?	Challenge?	Notes
Sun				
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				

Reflection: What improved this week? What still needs work?

