

# The Emergent Exercise Tracker

Pick the desired speed, Lower metronome to a bpm where you can play the exercises perfectly in. For a week, Slowly increase the metronome speed until the speed achieved or higher in those twenty days. Mark V on successful, X on unsuccessful, and VX on successful with pain. If you had an X or a VX, you go back one or two days and master the slower speed while still practicing the fast one.

Beginning Date

MM/DD/YY

Exercise

Day	s bpm							f bpm

Notes go here.

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Thanks to the guys at Harmony Central Lesson Loft [acapella.harmony-central.com](http://acapella.harmony-central.com)