

Matt Langley's  
**Sound Playground**

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## Practice Schedule

date: \_\_\_\_\_

Mode Approach of the week: Major \_\_\_\_\_ Frozen Root \_\_\_\_\_

Mode Root(s) of the week: \_\_\_\_\_

Interval(s) of the week: \_\_\_\_\_

Interval(s) transposition(s) of the week: \_\_\_\_\_

Chord(s) shape focus of the week: (Maj, min, dom7, etc.) \_\_\_\_\_

Chord(s) motion of the week: (cycle, min 3<sup>rd</sup>, ½ steps, etc.) \_\_\_\_\_

Tune(s) of the week: \_\_\_\_\_

Technical studies of the week: \_\_\_\_\_

Reading studies of the week: \_\_\_\_\_

Deep listening of the week: (foreground, eyes closed, in the music) \_\_\_\_\_