



Tracking

“Do the thing and you will have the power.” —Emerson

Exercise/Goal	DATE		DATE		DATE		DATE		DATE		DATE	
	end mm =		end mm =		end mm =		end mm =		end mm =		end mm =	
1 Max. Time for Buzz (no mpc)												
2 Max. Time for Buzz (w/ mpc)												
3 Highest Buzz (no mpc)												
4 Highest Buzz (w/ mpc)												
5 Longest tone on the horn												
6 Tonguing Speed (♩)												
7 Tonguing Speed (♪)												
8 Double-tonguing speed (♩♩)												
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“The way cannot be forced.” —Zen saying

Exercise/Goal	DATE	end mm =	DATE	end mm =	DATE	end mm =	DATE	end mm =	DATE	end mm =	DATE	end mm =
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