



Tracking

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

| Exercise/Goal | DATE | | DATE | | DATE | | DATE | | DATE | | DATE | |
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| 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

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