



Music Motivation® Check List



- Check off when completed -

(follow the circle of 5^{ths}/4^{ths} - or move up in half steps - you should be able to do all three)

The boxes below and on the other side of this page should be checked off as completed when the piano student can successfully complete each exercise in a given key signature, up to speed and with no mistakes.

Following the circle of fifths

All Key Signatures & Pentascales

All Major Key Signatures:

(tell your teacher the # of sharps/flats in each key and what they are)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C	G	D	A	E	B/C ^b	F#/G ^b	C#/D ^b	A ^b	E ^b	B ^b	F

All Minor Key Signatures:

(tell your teacher the # of sharps/flats in each key and what they are)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
a	e	b	f [#]	c [#]	g [#] /a ^b	d [#] /e ^b	a [#] /b ^b	f	c	g	d

All Major Pentascales:

Quarter Notes and Eighth Notes

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C	G	D	A	E	B/C ^b	F#/G ^b	C#/D ^b	A ^b	E ^b	B ^b	F

All Minor Pentascales:

Quarter Notes and Eighth Notes

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
a	e	b	f [#]	c [#]	g [#] /a ^b	d [#] /e ^b	a [#] /b ^b	f	c	g	d

All Diminished Pentascales:

Quarter Notes and Eighth Notes

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
a	e	b	f [#]	c [#]	g [#] /a ^b	d [#] /e ^b	a [#] /b ^b	f	c	g	d

Key Signatures

Following the circle of fifths

Intervals & Major/Minor Scales

Intervals (built from all major scales)

(1st, 2nd, 3rd, 4th, 5th, 6th, 7th, 8th):

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C	G	D	A	E	B/C ^b	F#/G ^b	C#/D ^b	A ^b	E ^b	B ^b	F

All Major Scales (1-2 octaves):

(parallel and contrary motion)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C	G	D	A	E	B/C ^b	F#/G ^b	C#/D ^b	A ^b	E ^b	B ^b	F

All Minor Scales (1-2 octaves):

(natural, harmonic, and melodic)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
a	e	b	f [#]	c [#]	g [#] /a ^b	d [#] /e ^b	a [#] /b ^b	f	c	g	d

All Major Scales (3-4 octaves):

NO MUSIC PROVIDED - play without music

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C	G	D	A	E	B/C ^b	F#/G ^b	C#/D ^b	A ^b	E ^b	B ^b	F

All Minor Scales (3-4 octaves):

NO MUSIC PROVIDED - play without music

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
a	e	b	f [#]	c [#]	g [#] /a ^b	d [#] /e ^b	a [#] /b ^b	f	c	g	d

Moving up chromatically (in half steps)

All Triads (three note chords)

All Major Triads:

(root, 1st, and 2nd inversions)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C	C#/D ^b	D	E ^b	E	F	F#/G ^b	G	A ^b	A	B ^b	B/C ^b

All Minor Triads:

(root, 1st, and 2nd inversions)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C	C#/D ^b	D	E ^b	E	F	F#/G ^b	G	A ^b	A	B ^b	B/C ^b

All Diminished Triads:

(root, 1st, and 2nd inversions)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C	C#/D ^b	D	E ^b	E	F	F#/G ^b	G	A ^b	A	B ^b	B/C ^b

All Augmented Triads:

(root, 1st, and 2nd inversions)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C	C#/D ^b	D	E ^b	E	F	F#/G ^b	G	A ^b	A	B ^b	B/C ^b

All Sus4 Triads:

(root, 1st, and 2nd inversions)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C	C#/D ^b	D	E ^b	E	F	F#/G ^b	G	A ^b	A	B ^b	B/C ^b

All Sus2 Triads:

(root, 1st, and 2nd inversions)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C	C#/D ^b	D	E ^b	E	F	F#/G ^b	G	A ^b	A	B ^b	B/C ^b

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Music Motivation® Check List



- Check off when completed -
(follow the circle of 5^{ths}/4^{ths} - or move up in half steps)

Moving up chromatically (in half steps)

All major and minor sixth chords, all seventh chords (major, minor, etc.)

All Major Sixth Chords:
(root, 1st, 2nd, and 3rd inversions)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C	C#/D ^b	D	E ^b	E	F	F#/G ^b	G	A ^b	A	B ^b	B/C ^b

All Minor Sixth Chords:
(root, 1st, 2nd, and 3rd inversions)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C	C#/D ^b	D	E ^b	E	F	F#/G ^b	G	A ^b	A	B ^b	B/C ^b

All Major 7th Chords: (Maj./Maj.)
(root, 1st, 2nd, and 3rd inversions)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C	C#/D ^b	D	E ^b	E	F	F#/G ^b	G	A ^b	A	B ^b	B/C ^b

All Min. Major 7th Chords: (Min./Maj.)
(root, 1st, 2nd, and 3rd inversions)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C	C#/D ^b	D	E ^b	E	F	F#/G ^b	G	A ^b	A	B ^b	B/C ^b

All Dominant 7th Chords: (Maj./Min.)
(root, 1st, 2nd, and 3rd inversions)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C	C#/D ^b	D	E ^b	E	F	F#/G ^b	G	A ^b	A	B ^b	B/C ^b

All Minor 7th Chords: (Min./Min.)
(root, 1st, 2nd, and 3rd inversions)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C	C#/D ^b	D	E ^b	E	F	F#/G ^b	G	A ^b	A	B ^b	B/C ^b

All Minor 7th ^b5 Chords: (Dim./Min.)
(root, 1st, 2nd, and 3rd inversions)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C	C#/D ^b	D	E ^b	E	F	F#/G ^b	G	A ^b	A	B ^b	B/C ^b

All Minor 7th #5 Chords:
(root, 1st, 2nd, and 3rd inversions)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C	C#/D ^b	D	E ^b	E	F	F#/G ^b	G	A ^b	A	B ^b	B/C ^b

All Diminished 7th Chords: (Dim./Dim⁷.)
(root, 1st, 2nd, and 3rd inversions)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C	C#/D ^b	D	E ^b	E	F	F#/G ^b	G	A ^b	A	B ^b	B/C ^b

All Major Ninth Chords:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C	C#/D ^b	D	E ^b	E	F	F#/G ^b	G	A ^b	A	B ^b	B/C ^b

All Ninth Chords:

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C	C#/D ^b	D	E ^b	E	F	F#/G ^b	G	A ^b	A	B ^b	B/C ^b

Chord Progressions, triads built from scales...

All I - IV - V - V⁷ - I Major Chord Progressions:
(root, 1st, & 2nd inversions)
simple and complete

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C	C#/D ^b	D	E ^b	E	F	F#/G ^b	G	A ^b	A	B ^b	B/C ^b

All i - iv - V - V⁷ - i Minor Chord Progressions:
(root, 1st, & 2nd inversions)
simple and complete

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
a	a#/b ^b	b	c	c [#]	d	d#/e ^b	e	f	f [#]	g	g#/a ^b

All Triads (built from all major scales):
(Maj., min., min., Maj., Maj., min., dim., Maj.)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C	G	D	A	E	B/C ^b	F#/G ^b	C#/D ^b	A ^b	E ^b	B ^b	F

All 7th (built from all major scales):
(Maj. 7th, min. 7th, min. 7th, Maj. 7th, Dom. 7th, min. 7th, min. 7th flat 5)

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C	G	D	A	E	B/C ^b	F#/G ^b	C#/D ^b	A ^b	E ^b	B ^b	F

Simple ii⁷ - V⁷ - I maj⁷
Jazz Chord Progression
following the circle of 4^{ths}

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C	F	B ^b	E ^b	A ^b	C#/D ^b	F#/G ^b	B/C ^b	E	A	D	G

A Fun ii⁷ - V⁷ - I maj⁷
Jazz Chord Progression
following the circle of 4^{ths}

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C	F	B ^b	E ^b	A ^b	C#/D ^b	F#/G ^b	B/C ^b	E	A	D	G

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